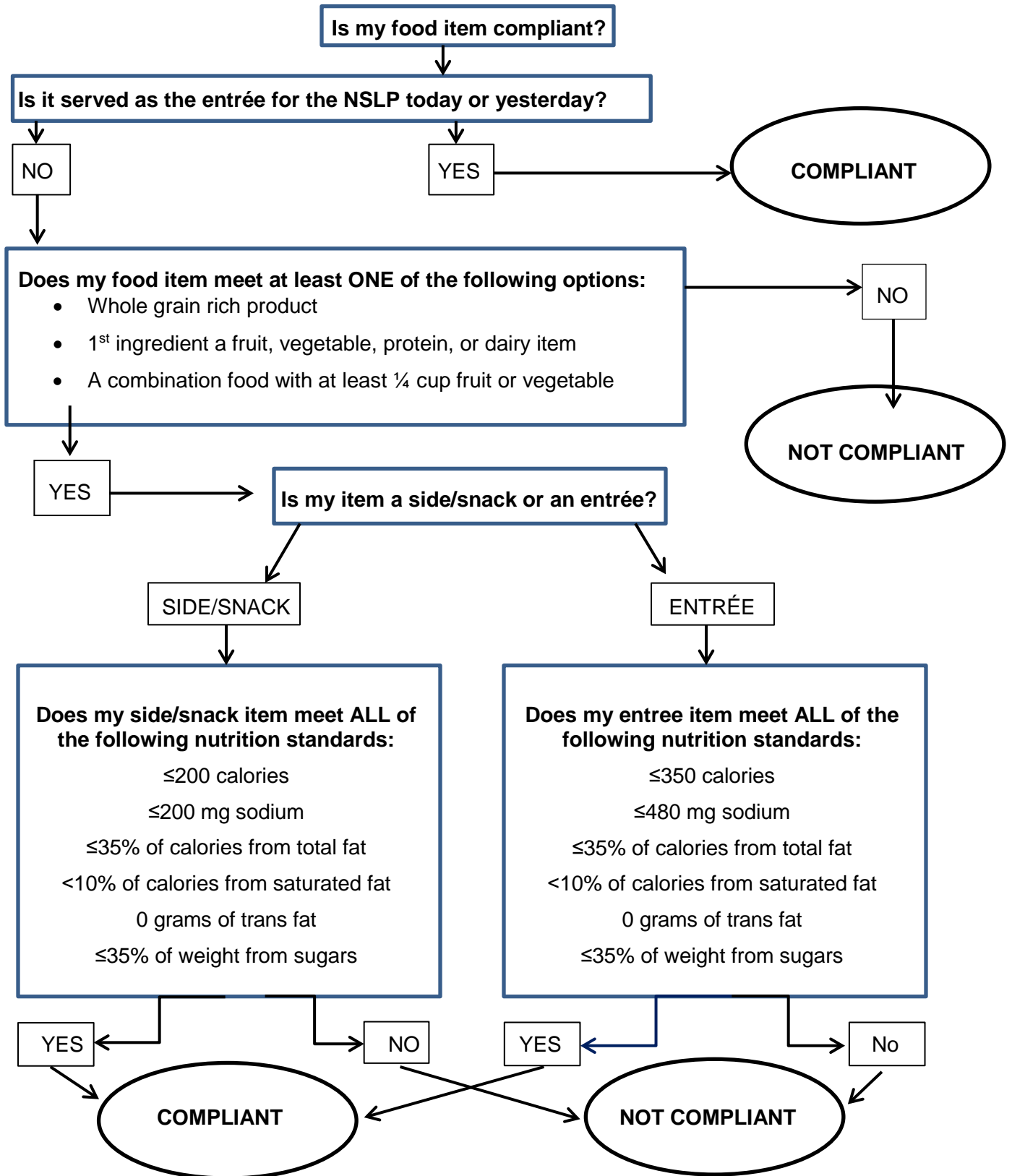


## Smart Snacks Compliance Food Decision Tree



## Is my food item compliant?

Your food item is compliant if it was served as the National School Lunch Program entrée today or yesterday. If not, it must meet **at least one** of these three requirements:

- It must be a whole grain rich product.
- Its first ingredient must be a fruit, vegetable, protein or dairy item.
- It is a combination food that contains at least ¼ cup of fruit or vegetable.

**Side or snack** items that meet at least one of the three requirements must meet **all** of these nutritional standards:

- ≤200 Calories
- ≤200 mg Sodium
- ≤35% of calories from total fat
- <10% of calories from saturated fat
- 0 grams of trans fat
- ≤35% of weight from sugars

**Entree** items that meet at least one of the four requirements must meet **all** of these nutritional standards:

- ≤350 Calories
- ≤480 mg Sodium
- ≤35% of calories from total fat
- <10% of calories from saturated fat
- 0 grams of trans fat
- ≤35% of weight from sugars