

Massachusetts School Nutrition Regulations for Competitive Foods and Beverages

Beverages	Food
<p>Juice 100% fruit or vegetable juice; no added sugar Portion Limit: 4 oz (no calorie limit)</p>	<p>Calories No more than 200 calories per food item; except a la carte entrees which shall not exceed calories of comparable NSLP entree items.</p>
<p>Milk & Milk Substitutes Must be 1% or Fat Free 8 oz portion limit Flavored milk & milk substitutes contain no more than 22 g sugar per 8 oz, until August 2013, when all beverages with sugar content greater than that of plain milk (12 g per 8 oz) will be prohibited as competitive beverage options. This includes flavored milk and flavored milk substitutes.</p>	<p>Fat & Saturated Fat No more than 35% of total calories from fat* No more than 10% of total calories from saturated fat* All foods to be trans fat free. <i>* Exceptions: 1 oz nuts, seeds, nut butters or reduced-fat cheese.</i></p>
<p>Sugar No more than 35% of total calories from sugar* <i>*Exceptions: 100% fruit w/no added sugar; and non-fat or low-fat yogurt, including drinkable yogurt, w/no more than 30 g total sugar per 8 oz package</i></p>	
<p>Water Contains no added sugar, sweeteners or artificial sweeteners, but may contain natural flavorings and/or carbonation.</p>	<p>Sodium No more than 200 mg sodium per item; except a la carte entrees which shall contain no more than 480 mg sodium per item.</p>
<p>Grains All bread and other grain-based products must be whole grain (i.e., whole grain should be listed first in the ingredient statement)</p>	
<p>Food & Beverages No food/beverage shall contain artificial sweeteners. No food/beverage shall contain more than trace amounts of caffeine. A packaged item may contain no more than one serving per package. Generally, candy and many dessert items do not meet these standards.</p>	

LPS requests that best efforts be made to eliminate foods containing artificial colors.