



USDA (Interim Final Rule - Smart Snacks in Schools) vs. Current MCPS Competitive Food Requirements

For new USDA Rule, competitive foods must:

- be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- have as the first ingredient one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- be a combination food that contains at least ¼ cup fruit and/or vegetable; or
- contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber) (this last one valid only until July 1, 2016)

Food/Nutrient		
	Current MCPS Wellness Regulation	New USDA Rule
Total Calories from Fat	≤35% per serving Excludes nuts, seeds, nut-butters and reduced-fat cheese	Maintained
Calories from Trans Fat	≤0.5 grams per serving	0 grams (≤0.5grams/serving)
Calories Saturated Fat	≤ 10% per serving	Maintained
Sugar	Total sugar ≤ 35% by weight (natural and added sugars) Excludes fruits, vegetables and milk	Maintained
Sodium	≤ 480mg/ non entrée ≤ 600mg/ entrée	≤230mg/ non entrée ≤480mg entrées
Caffeine	Beverages must be caffeine-free (also Maryland state regulation)	Elementary and middle school: must be caffeine-free with the exception of naturally traces; high school: foods and beverages may contain caffeine
Portion Size/calories	Portion size equal to or smaller than the foods served in the current National School Lunch Program. Calories ≤ 200	Snack item and side dishes ≤200 calories Entrée items ≤350 calories
Grain Items	N/A	Whole grains must be ≥ 50% by weight, or have whole grains as the first ingredient
Fruits and Non-Fried Vegetables (HUSSC*)	May be fresh, frozen, canned (in juice or light syrup) or dried (with no added sweetener)	N/A
Beverages		
Milk	Serving size: ≤ 8 fl oz. Low-fat and fat-free, flavored or unflavored fluid milk, and/or USDA approved alternative dairy beverages.	Elementary school: low fat, unflavored; fat free, flavored or unflavored. 8 fl oz. Middle and high school: same criteria, 12 fl oz..
Fruit and vegetable juices	Serving size: ≤ 6 fl oz. in elementary and middle schools; ≤ 8 fl oz. in high schools 100% juice without nutritive or non-nutritive sweeteners**	Elementary school: 100% fruit/vegetable juice (or diluted w/water), carbonated or noncarbonated. No added sweeteners. 8 fl oz.; Middle and high school: same criteria, 12 fl oz..
Water	Without nutritive or non-nutritive sweeteners, noncarbonated, caffeine-free.** No flavored water in elementary schools	Plain water or plain carbonated water is allowed in elementary, middle and high schools. No size limit.
Sports drinks/isotonic beverages (other flavored and/or carbonated beverages)	Only available in the physical education area of secondary schools	Only allowed in high schools: 1) if ≤20 fl oz.: needs to contain ≤5 calories/8 fl oz.; or ≤10 calories/20 fl oz. 2) if ≤ 12 fl oz.: ≤40 calories/8 fl oz.; or ≤60 calories/12 fl oz.

*"HUSSC" indicates it is a requirement from the Healthy US School Challenges requirement, which MCPS currently follows.

Carbonated beverages are **prohibited from sale to students regardless of their nutritional profile in MCPS.