

# Massachusetts Competitive Foods and Beverages Nutrition Standards “At-a-Glance”

| Category  | Standards  | Category   | Standards   |
|---|--|--|---|
| <b>Juice</b>  | 100% fruit and vegetable juice, with no added sugar.   | <b>Saturated Fat</b>   | Foods should have 10% or less of their total calories from saturated fat.   |
| <b>Juice – Portion Size</b>   | 4-ounce servings or less.  | <b>Trans Fat</b>   | All foods should be trans fat-free.   |
| <b>Milk*</b>  | Low-fat (1% or less) and fat-free milk.  | <b>Fat Exemptions</b>  | 1-ounce servings of nuts, nut butters, seeds, and reduced-fat cheese are exempt from the fat standards.   |
| <b>Milk – Portion Size*</b>   | 8-ounce servings or less.  | <b>Sugar</b>   | Foods should have 35% or less of their total calories from sugar.   |
| <b>Milk – Added Sugar*</b>  | Flavored milk with no more than 22 grams total sugar per 8 ounces.   | <b>Sugar Exemptions</b>  | 100% fruit with no added sugar, and low-fat or non-fat yogurt (including drinkable yogurt) with no more than 30 grams of sugar per 8-ounce serving, are exempt from the sugar standard.                 |
| <b>Water</b>  | May contain natural flavorings and/or carbonation.<br><br>Should not contain added sugars, sweeteners or artificial sweeteners.  | <b>Sodium</b>  | Foods should have 200mg of sodium or less per item.<br><br>À la carte entrées should have a maximum of 480 mg of sodium per item.   |
| <b>Beverages with Added Sugar or Sweeteners</b>                     | Any beverages with added sugar or sweeteners not already addressed will be phased out by <b>August 1, 2013</b> . Flavored milk or milk substitutes that have the same amount or less sugar than plain, fat-free or low-fat milk are allowed. | <b>Grains</b>  | All breads or grain-based products should be whole grain (whole grain should be listed first in the ingredient statement). These include crackers, granola bars, chips, bakery items, pasta, rice, etc. |
| <b>Other Beverages</b><br>(Soda, sports drinks, teas, waters, etc.) | Only juice, milk, milk substitutes and water should be sold or provided.   | <b>Caffeine</b>  | Trace amounts of naturally occurring caffeine (such as that found in chocolate) are allowed as long as the item complies with the rest of the nutrition standards.                                      |
| <b>Calories</b>   | Foods should be 200 calories or less per item.<br><br>À la carte entrées should not exceed the calorie count of entrée items of the equivalent portion size offered as a part of the National School Lunch Program.                          | <b>Artificial Sweeteners</b>   | Artificial sweeteners are not permitted.  |
| <b>Fat</b>  | Foods should have 35% or less of their total calories from fat.  | *(Including alternative milk beverages such as lactose-free and soy) |   |