

Follow these standards to increase the availability of healthier food and beverage options.

Fruits and Vegetables

- 1 Require at least four different fruit choices be available.
- 2 Require leafy green salads and at least one vinegar-based salad dressing be available.

Sandwiches, Salads, and Entrees

- 3 Require at least 50% of all sandwiches, salads and entrees offered contain 500 calories or less; all must contain 700 calories or less.
- 4 Require at least 50% of all sandwiches, salads and entrees offered contain 800 mg sodium or less.
- 5 Require at least 50% of all sandwiches, salads and entrees offered, when applicable, be made or served with whole grains (e.g. whole wheat bread, brown rice, whole wheat pasta).

Soups and Sides

- 6 Require at least one steamed, baked or grilled vegetable option be available daily and contain 200 mg sodium or less.
- 7 Require all soups contain 480 mg sodium or less per 8 ounces.

Breakfast Breads, Desserts, and Snacks

- 8 Require at least 50% of all breakfast breads offered contain 300 calories or less.
- 9 Require at least 50% of all desserts offered contain 200 calories or less.
- 10 Require all pre-packaged snacks contain no more than: 200 calories, 200 mg sodium, 7 grams fat, 2 grams saturated fat and 10 grams sugar per package.

If item is grain/potato-based, must also contain at least 2 grams fiber.

Cooking Method

- 11 Require no use of deep fryers; no deep frying.

Trans Fat

- 12 Require all items contain 0 grams trans fat per serving.

Beverages

- 13 Require water be available at no charge.
- 14 Require at least 75% of all beverage options be low calorie beverages (beverages that contain 25 calories or less per 8 ounces).
- 15 Require all high calorie beverages be 16 ounces or less.

Placement, Promotion, and Pricing

- 16 Require only healthy options stocked near the entrance to the cafeteria and at the cash registers.
- 17 Require advertising or promotional materials only be for healthy food and beverage options. This includes promotion as part of a value meal.
- 18 Require calorie information posted for items that do not include a Nutrition Facts label.
- 19 Require, if a value meal is offered, that one contain no more than 650 calories and 800 mg sodium; fresh fruit or a non-starchy vegetable; and water. Price the meal lower than other value meals.
- 20 Require sandwiches be available in half-size portions at half the price of a full-size sandwich.