**Smart Snacks Requirements**

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| **Any food sold in schools must:** | - Be a “whole grain-rich” grain product; or  
- Have a first ingredient a fruit, a vegetable, a dairy product, or a protein food; or  
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or  
- Contain 10% of the Daily Value (DV) of calcium, potassium, vitamin D, or dietary fiber |
| **Calorie limits:** | - Snack item – Less than 200 calories  
- Entree Items – Less than 350 calories |
| **Sodium limits:** | - Snack item – Less than 230 mg  
- Entree Items – Less than 480 mg |
| **Fat limits:** | - Total fat – Less than 35% of calories  
- Saturated fat – Less than 10% of calories  
- Trans fat – Zero grams  
  Excludes nuts, seeds, nut butters, seafood and reduced fat cheese |
| **Sugar limits:** | - Less than 35% of weight from total sugars in foods  
  Excludes fresh, frozen, canned & dried fruits/vegetables with no added sugars (except sugar for processing); fruits packed in 100% juice or light syrup; and yogurt with <3g grams of total sugar per 8 oz |