

Foods of Minimal Nutritional Value

SODA WATER

Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.

WATER ICES

Includes any frozen, sweetened water such as popsicles and other "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

CHEWING GUM

Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

CERTAIN CANDIES

Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:

- (i) Hard Candy--A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
- (ii) Jellies and Gums--A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
- (iii) Marshmallow Candies--An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
- (iv) Fondant--A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
- (v) Licorice--A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
- (vi) Spun Candy--A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
- (vii) Candy Coated Popcorn--Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.