

CFBAI Category-Specific Uniform Nutrition Criteria, 2<sup>nd</sup> ed. \*

Product Category	Unit	Nutrients to Limit				Nutrition Components to Encourage	Notes
		Calories	Sat Fat	Sodium	Added Sugars (AS)		
1. Juices	LSS (max 8 oz)	-	0 g	≤ 105 mg	No added sugars	≤ 6 oz maximum 100% F/V juice	<ul style="list-style-type: none"> <li>- A serving must contain 100% F/V juice or F/V juice blends OR 100% F/V juice diluted with water only; with or without carbonation</li> <li>- A serving must contain no more than 6 fl oz 100% juice</li> <li>- Sugars limited to those naturally occurring in F/V</li> </ul>
2. Milks	8 fl oz	≤ 150	≤ 2 g	≤ 200 mg	≤ 10 g added sugars	1 c dairy and ≥ 10% DV calcium	<ul style="list-style-type: none"> <li>- For LSS &lt; 8 fl oz, NTL &amp; NCTE to be proportionately lower</li> </ul>
3. Yogurts and Yogurt-Type Products	6 oz	≤ 170	≤ 2 g	≤ 140 mg	≤ 18 g added sugars	≥ ½ c dairy and ≥ 10% DV calcium	<ul style="list-style-type: none"> <li>- For LSS &lt; 6 oz, NTL &amp; NCTE to be proportionately lower</li> </ul>
4. Cheese and Cheese Products	LSS	≤ 80	≤ 3 g	≤ 240 mg	≤ 2 g added sugars	≥ ½ c dairy equivalent and ≥ 10% DV calcium	<ul style="list-style-type: none"> <li>- For LSS &lt; 1 oz, NCTE to be scaled to ≥ ⅓ c dairy equivalent and ≥ 10% DV calcium</li> </ul>
5. Cereals	LSS	≤ 200	≤ 1.5 g	≤ 290 mg	≤ 12 g added sugars	≥ ½ serving of WG <u>or</u> ≥ 10% DV of an under-consumed nutrient	<ul style="list-style-type: none"> <li>- LSS based on increased RACC (40 g)</li> <li>- RTE cereals with 60 g RACC may contain ≤ 220 calories and must meet the NTL criteria (≤ 1.5 g sat fat, 0 g labeled <i>trans</i> fat, ≤ 290 mg sodium and ≤ 12 g added sugars) <u>and</u> qualify based on WG content or contain ≥ 10% DV of an under-consumed nutrient</li> </ul>
6a. Savory Snacks	LSS	≤ 150	≤ 1.5 g	≤ 260 mg	≤ 4 g added sugars	≥ ½ serving or first ingredient a F/V/D/M/WG <u>or</u> ≥ 10% of an essential nutrient	<ul style="list-style-type: none"> <li>- If the first ingredient is a nut, the item may contain ≤ 200 calories and ≤ 2.5 g sat fat</li> <li>- If the first ingredient is dairy (milk, yogurt, cheese), the item may contain ≤ 200 calories and ≤ 2 g sat fat</li> </ul>

\*Announced: September 20, 2018. Implementation date: January 1, 2020

Product Category	Unit	Nutrients to Limit				Nutrition Components to Encourage	Notes
		Calories	Sat Fat	Sodium	Added Sugars (AS)		
6b. Sweet Snacks	LSS	≤ 150	≤ 1.5 g	≤ 200 mg	≤ 9 g added sugars	≥ ½ serving or first ingredient a F/V/D/M/WG or ≥ 10% DV of an under-consumed nutrient	<ul style="list-style-type: none"> <li>– If the first ingredient is a nut, the item may contain ≤ 200 calories and ≤ 2.5 g sat fat</li> <li>– If the first ingredient is dairy (milk, yogurt, cheese), the item may contain ≤ 200 calories and ≤ 2 g sat fat</li> </ul>
7. Waffles and Pancakes	LSS	≤ 200	≤ 2 g	≤ 360 mg	≤ 10 g added sugars	≥ ½ serving WG or ≥ 10% DV of an under-consumed nutrient	
8. Breads	LSS	≤ 150	≤ 1.5 g	≤ 250 mg	≤ 4 g added sugars	≥ ½ serving WG or ≥ 10% DV of an under-consumed nutrient	
9. Pastas (plain)	LSS	≤ 200	0 g	0 mg	No added sugars	≥ ½ serving WG or ≥ 10% DV of an under-consumed nutrient	
10. Fruits and Vegetables	LSS	-	No added fats	Very low sodium	No added sugars	≥ ½ serving of F/V	
11. Seeds, Nuts, and Nut Butters and Spreads	1 oz or 2 Tbsp	≤ 220	≤ 3.5 g	≤ 230 mg	≤ 4 g added sugars	≥ 1 oz meat equivalent	– For LSS < 1 oz or 2 Tbsp, NTL & NCTE to be scaled proportionately
12. Meat, Fish, and Poultry Products	LSS	≤ 120	≤ 2 g	≤ 280 mg	≤ 2 g added sugars	≥ 1 oz meat equivalent	– For LSS ≤ 1 oz, NTL to be proportionately lower

Product Category	Unit	Nutrients to Limit				Nutrition Components to Encourage	Notes
		Calories	Sat Fat	Sodium	Added Sugars (AS)		
13. Soups and Meal Sauces	LSS	≤ 200	≤ 2 g	≤ 470 mg	≤ 4 g added sugars	≥ ½ serving a F/V/D/M/WG <u>or</u> ≥ 10% DV of an under-consumed nutrient	– Tomato-based products allowed to have 7 g added sugars to balance pH
14. Mixed Dishes	LSS	≤ 280	≤ 2.5 g	≤ 515 mg	≤ 7 g added sugars	≥ ½ serving or first ingredient a F/V/D/M/WG <u>and</u> ≥ 10% DV of one under-consumed nutrient <u>or</u> ≥ 10% DV of <i>two</i> under-consumed nutrients	– Products include pasta mixes, casseroles, burritos, pizzas, & sandwiches that do not meet FDA/USDA definition for <i>main dishes</i>
15. Main Dishes and Entrées	LSS	≤ 350	≤ 10% kcal	≤ 570 mg	≤ 9 g added sugars	≥ 1 serving of F/V/D/M/WG <u>and</u> ≥ 10% DV of one under-consumed nutrient	– Items must meet FDA/USDA definition for <i>main dishes</i> – If the first ingredient is a nut, nut butter, or dairy (milk, yogurt, cheese) product, the item may contain up to 15% kcal sat fat of these ingredients reflecting their higher intrinsic sat fat levels
16. Small Meals	LSS	≤ 450	≤ 10% kcal	≤ 570 mg	≤ 14 g added sugars	≥ 1½ servings of F/V/D/M/WG <u>and</u> ≥ 10% DV of one under-consumed nutrient <u>or</u> ≥ 1 serving of F/V/D/M/WG <u>and</u> ≥ 10% DV of <i>two</i> under-consumed nutrients	– Small meals contain multiple items but do not meet FDA/USDA definition for <i>meals</i> – If the first ingredient is a nut, nut butter, or dairy (milk, yogurt, cheese) product, the item may contain up to 15% kcal sat fat of these ingredients reflecting their higher intrinsic sat fat levels
17. Meals (entrée and other items including a beverage)	Meal	≤ 600	≤ 10% kcal	≤ 700 mg	≤ 15 g added sugars	≥ 2 servings of F/V/D/M/WG <u>and</u> ≥ 10% DV of one under-consumed nutrient	– Meals must meet FDA/USDA definition for <i>meals</i>

## Definitions and Notes

DV: Daily Value.

Essential Nutrients: Those occurring naturally in foods (or that are added to foods to meet standards of identity or to restore nutrients lost in processing), and for which a DV has been established.

Exemptions:

- Sugar-free mints, gum and gelatin.
- Beverages, including bottled waters that meet FDA regulations for “low calorie,” “very low sodium,” and contain  $\leq 5$  g added sugars per LSS, are exempt from the nutrient criteria specified above (does not include diet sodas).

Food with NFP dual-labeling:

- 1) For products that are packaged and sold as a single serving, contain more than 150% but less than 200% of the RACC, and provide dual columns on the NFP, the NTL and NCTE criteria may be based on the common household measure that most closely approximates the RACC. See, 21 C.F.R. § 101.9 (b)(6).
- 2) For products that are packaged as an individual unit in a multi-serve pack, weigh 50% or less of the reference amount, and provide dual columns on the NFP (per serving and per individually wrapped unit), the NTL and NCTE criteria may be based on the nutritional information per individually wrapped unit. See, 21 C.F.R. § 101.9 (b)(2)(i)(A) and 21 C.F.R. § 101.9 (b)(10)(ii).

F/V/D/M/WG: Any combination of fruits, vegetables, non/low-fat dairy, meat or meat alternate, and/or whole grains. USDA Food Group Serving Equivalents for F/V/D/M are noted in the Table below. To provide a  $\frac{1}{2}$  serving of whole-grain (WG), a food must provide  $\geq 8$  grams of whole grains and meet at least one of the following: 1) First ingredient a whole grain, or 2)  $\geq 50\%$  whole grains by weight of product; or 3) 50% whole grains by weight of grains.

LSS: Labeled serving size.

NCTE: Nutrient components to encourage required under CFBAI’s nutrition criteria are F/V/D/M/WG, under-consumed nutrients, or essential nutrients. Foods that have F/V/D/M/WG as the *first ingredient after water* also qualify.

NTL: Nutrients to limit are calories, saturated (sat) fat, *trans* fat, sodium, and added sugars.

RACC: Reference amount customarily consumed.

Serving(s): See USDA Food Group Serving Equivalents.

Trans fat. The criteria for *trans* fat is 0 g. For foods in the meat and dairy categories served as individual foods or as part of composite dishes or meals naturally occurring *trans* fats are excluded.

Under-consumed nutrients: The 2015 DGA recognize certain nutrients as “under-consumed” because they are widely consumed in amounts below the Estimated Average Requirement or Adequate Intake levels (2015 DGA, Chapter 2, Page 60). Under-consumed nutrients identified in the 2015 DGA are calcium, choline, fiber, iron, magnesium, potassium, and Vitamins A, C, D and E.

USDA Food Group Serving Equivalents: (See Table below). Meat/meat alternate aligns with the USDA Food Group Serving Equivalents that CFBAI currently uses to measure food groups and the USDA meal planning requirements for the federal school lunch and breakfast programs. Meat/meat alternate includes meat, poultry, seafood, eggs, legumes (beans and peas), soy products, and nuts and seeds. One oz.eq is 1 ounce of meat, poultry, or seafood; 1 egg;  $\frac{1}{4}$ -cup of cooked beans or tofu; 2 Tbsp peanut butter; or 1 ounce of nuts or seeds.

Yogurt-type products: Includes products that contain cultured dairy-based yogurt in liquid form, such as yogurt-based smoothies.

Whole grains: Grains and grain products made from the entire grain seed, usually called the kernel, which consists of the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, it must retain the same relative proportions of bran, germ, and endosperm as the original grain in order to be called whole grain. Many, but not all, whole grains are also sources of dietary fiber (2015 DGA, Page 96).

**USDA Food Group Serving Equivalents Table**

Food Group/Component	1 Serving	One-half Serving
Fruits and vegetables	$\frac{1}{2}$ cup	$\frac{1}{4}$ cup
Fruit and vegetable juices	$\frac{1}{2}$ cup (4 fl oz)	$\frac{1}{4}$ cup (2 fl oz)
Dried fruit	$\frac{1}{4}$ cup	$\frac{1}{8}$ cup
Milks	1 cup (8 fl oz)	$\frac{1}{2}$ cup (4 fl oz)
Yogurt	8 oz	4 oz
Cheese, natural	1.5 oz	0.75 oz
Cheese, processed	2.0 oz	1.0 oz
Meat/meat alternate	1 oz-eq	$\frac{1}{2}$ oz eq
Whole grains	See Definitions and Notes for definition of Whole Grains	