

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

Category	Standards	Category	Standards
Juice	100% fruit and vegetable juice, with no added sugar.	Saturated Fat	Foods should have 10% or less of their total calories from saturated fat.
Juice – Portion Size	4-ounce servings or less.	Trans Fat	All foods should be trans fat-free.
Milk*	Low-fat (1% or less) and fat-free milk.	Fat Exemptions	1-ounce servings of nuts, nut butters, seeds, and reduced-fat cheese are exempt from the fat standards.
Milk – Portion Size*	8-ounce servings or less.	Sugar	Foods should have 35% or less of their total calories from sugar.
Milk – Added Sugar*	Flavored milk with no more than 22 grams total sugar per 8 ounces.	Sugar Exemptions	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.
Water	May contain natural flavorings and/or carbonation. Should not contain added sugars, sweeteners or artificial sweeteners.	Sodium	Foods should have 200mg of sodium or less per item. À la carte entrées should have a maximum of 480 mg of sodium per item.
Beverages with Added Sugar or Sweeteners	Any beverages with added sugar or sweeteners not already addressed will be phased out by August 1, 2013 . Flavored milk or milk substitutes that have the same amount or less sugar than plain, fat-free or low-fat milk are allowed.	Grains	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.
Other Beverages (Soda, sports drinks, teas, waters, etc.)	Only juice, milk, milk substitutes and water should be sold or provided.	Caffeine	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.
Calories	Foods should be 200 calories or less per item. 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.	Artificial Sweeteners	Artificial sweeteners are not permitted.
Fat	Foods should have 35% or less of their total calories from fat.		

*(Including alternative milk beverages such as lactose-free and soy)