

# Worksheet to Determine Foods That May Be Sold based on the Interim Final Rule: Nutrition Standards for All Foods Sold in Schools

On June 28, 2013, the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) issued an Interim Final Rule entitled "Nutrition Standards for All Foods Sold in School as required by the Healthy, Hunger-Free Kids Act of 2010." The competitive foods portion of the rule takes effect on July 1, 2014, the start of school year 2014-2015, as required by Section 208 (Sec. 208) of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). For more information about all of the requirements of these interim final rules, please refer to <http://www.isbe.net/nutrition/ppt/nslp-usda-final-rule-webinar-pres090613.pdf>.

This sample worksheet is provided to assist school personnel in identifying the necessary information to determine if certain **food items** meet the nutrition standards set forth in the USDA's requirements. For beverages, please refer to additional guidance.

USDA exempts certain products from meeting all nutrient standards and thus the following items may be sold without use of this worksheet:

- **Fruit and Vegetable Exemption:**
  - Fresh, frozen and canned fruit packed in water, 100 percent juice, light syrup or extra light syrup
  - Fresh, frozen and canned vegetables with no added ingredients except water
  - Canned vegetables with small amount of sugar for processing purposes
- **NSLP/SBP Entrees** only on the day of service and the school day after
- **Sugar Free Chewing Gum**

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**Step One:** Identify the food product. \_\_\_\_\_



If the product meets one of the 4 criteria listed below, continue to Step Two:

- 1) A whole grain rich product; **OR**
- 2) First ingredient is a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); **OR**
- 3) Be a "combination food" with at least ¼ cup fruit and/or vegetable; **OR**
- 4) Contain 10% of the Daily Value of Calcium, potassium, vitamin D, dietary fiber (through June 30, 2016)



If the product does not meet the criteria listed above, STOP. The product may **NOT be** sold.

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**Step Two:** Identify the food item as an entrée item or a snack/side item: \_\_\_\_\_



Continue to Step Three.

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**Step Three:** Identify the total calories per serving size including accompaniments. \_\_\_\_\_

If an **Entrée Item** (Entrées sold as NSLP/SBP entrees are exempted from all requirements on the day of service and the school day after.)



If entrée item meet the exemption noted above or has calories including accompaniments per serving size equal to or less than 350 calories, continue to Step Four.



If entrée item does not meet exemption noted above or has calories including accompaniments per serving size greater than 350 calories, STOP. The product **may not be** sold.

If a **Snack Item/Side Dish**:



If snack item/side dish has calories including accompaniments per serving size equal to or less than 200 calories, continue to Step Four



If snack item/side dish has calories including accompaniments per serving size of 201 calories or greater, STOP. The product **may not be** sold.

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**Step Four:** Calculate the percentage of total calories from fat per item as packaged/served. USDA exemptions include reduced fat cheese; nuts and seeds and nut/seed butters; dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat; seafood with no added fat; and part-skim mozzarella.

Calories from fat \_\_\_\_\_ (If listed on the label; if not, calculate using the formula below.)

Total grams of fat \_\_\_\_\_ x 9 calories per gram = \_\_\_\_\_ calories from fat

Calories from fat \_\_\_\_\_ ÷ total calories per serving size \_\_\_\_\_ = \_\_\_\_\_ % of total calories from fat



If the food item is an exempted item as listed above or the percentage of total calories from fat is equal to or less than 35%, continue to Step Five.



If the food item is not an exempted item as listed above or percentage of total calories from fat is greater than 35%, STOP. The product **may not be** sold.

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**Step Five:** Calculate the percentage of total calories from saturated fat. USDA exemptions include reduced fat cheese; part-skim mozzarella; nuts, seeds and nut/seed butters; and dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat.

Total grams of saturated fat \_\_\_\_\_ X 9 calories per gram = \_\_\_\_\_ calories from saturated fat

Calories from saturated fat \_\_\_\_\_ ÷ total calories per serving size \_\_\_\_\_ = \_\_\_\_\_ % of total calories from saturated fat



If the food item is an exempted item as listed above or the percentage of total calories from saturated fat is equal to or less than 10%, continue to Step Six.



If the food item is not an exempted item as listed above or percentage of total calories from saturated fat is greater than 10%, STOP. The product **may not be** sold.

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**Step Six:** Identify the grams of trans fat on the nutrition information for the food item as packaged/served. . \_\_\_\_\_



If the product contains zero grams of trans fat (<0.5g) as packaged/served, continue to Step Seven.



If the product contains greater than zero grams of trans fat (>0.5g) as packaged/served, STOP. The product may NOT **be** sold.

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**Step Seven:** Identify the sodium per item as served: \_\_\_\_\_

If an **Entrée Item that do not meet the NSLP/SBP exemption** (Entrées sold as NSLP/SBP entrees are exempted from all requirements on the day of service and the school day after.)



If entrée item meets the exemption noted above or has sodium per item as served of 480 mg of sodium or less, continue to Step Eight.



If entrée item does not meet exemption noted above or has calories including accompaniments per serving size greater than 350 calories, STOP. The product **may not be** sold.

If a **Snack Item/Side Dish:**



If snack item/side dish has sodium per item as served of 230 mg of sodium or less (after July 1, 2016, standard will be 200 mg of sodium or less), continue to Step Eight.



If snack item/side dish has sodium per item as served of greater than 230 mg of sodium (after July 1, 2016, greater than 200 mg of sodium), STOP. The product **may not be** sold.

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**Step Eight:** Calculate the percentage of total sugar by weight per item. USDA exemptions include dried/dehydrated fruits or vegetables (no added nutritive sweeteners), dried fruits with nutritive sweeteners for processing and/or palatability (e.g., dried cranberries, tart cherries, and blueberries), and exempt dried fruit with only nuts/seeds (no added nutritive sweeteners or fat).

Total grams of sugar \_\_\_\_\_ ÷ serving size weight \_\_\_\_\_ (g) = \_\_\_\_\_ % of total sugar by weight



If the percentage of total sugar by weight is equal to or less than 35%, then the product may be sold.



If the percentage of total sugar by weight is greater than 35%, STOP. The product **may not be** sold.

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