

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

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