



## MICHIGAN NUTRITION STANDARDS COMPETITIVE FOOD AND BEVERAGE GUIDELINES

Competitive food includes food and beverages sold in school stores, a la carte/snack lines, food sold as part of fundraising efforts, and food or drinks sold in vending machines. Below are the October 2010 Michigan Nutrition Standards.

### COMPETITIVE BEVERAGES

BEVERAGE	ELEMENTARY AND MIDDLE SCHOOL	HIGH SCHOOL
<b>WATER:</b> without flavoring, additives, carbonation, or added sugar.	Allowed	Allowed
<b>JUICE:</b> 100% juice or 100% juice/water blends, with no added sugar (up to 10 oz. serving).	Allowed	Allowed
<b>MILK:</b> low-fat (1%) or fat-free milk (flavored and unflavored) and lactose-free and soy beverages.	<ul style="list-style-type: none"> <li>• Not to exceed 170 calories per 8 oz. serving.</li> <li>• Not to exceed 28 grams of sugar per 8 oz. serving.</li> <li>• Up to 8 ounce serving.</li> </ul>	<ul style="list-style-type: none"> <li>• Not to exceed 170 calories per 8 oz. serving.</li> <li>• Not to exceed 28 grams of sugar per 8 oz. serving.</li> <li>• Up to 16 oz./serving, 1% or fat-free flavored or unflavored milk.</li> </ul>
<b>OTHER BEVERAGES</b>		
<b>FLAVORED BEVERAGES:</b> Fortified, or flavored beverages with less than 5 calories per serving as packaged (up to 20 oz. serving).	Not Allowed	Allowed
<b>JUICE:</b> 100% juice or 100% juice/water blends with carbonation (up to 12 oz. serving).	Not Allowed	Allowed
<b>SPORTS DRINKS*</b>	Should not be available in the school setting.	Should not be available in the school setting.

\*The individual athletic coach may determine whether sports drinks are made available to student athletes under allowable conditions to maintain hydration (such as when students are engaging in prolonged, vigorous activities on hot days). Beverages such as water, low-fat or fat-free milk (flavored or unflavored), and/or 100% juice shall be considered.

### COMPETITIVE FOOD

NUTRIENT	ENTRÉE* (PER SERVING)	OTHER FOOD (AS PACKAGED)
<b>CALORIES</b>	500 or less	200 or less.
<b>TOTAL FAT</b>		No more than 35% of total calories (excludes nuts, seeds, nut butters, and reduced-fat cheese).
<b>SATURATED FAT</b>	Less than 6 grams (g)	Less than 10% of total calories (excludes reduced-fat cheese).
<b>TRANS FAT</b>	Trans Fat-free (less than or equal to 0.5g per serving)	Trans Fat-free (less than or equal to 0.5g per serving).
<b>TOTAL SUGAR</b>		No more than 35% of total weight (excluding fruit).
<b>SODIUM</b>	Less than 600 milligrams (mg)	No more than 230 mg.

