



# MICHIGAN NUTRITION STANDARDS COMPETITIVE FOOD CALCULATOR

This tool provides a summary of the *Michigan Nutrition Standards* recommendations for food and beverages served outside of the USDA Child Nutrition Programs. The calculator allows input of nutrients from the Nutrition Facts label to see if the item meets the *Michigan Nutrition Standards*.

The calculator can be accessed online at the following link:  
[http://www.michigan.gov/documents/mde/Guidelines\\_and\\_Calculators\\_353616\\_7.xls](http://www.michigan.gov/documents/mde/Guidelines_and_Calculators_353616_7.xls)

## BEVERAGE CALCULATOR DIRECTIONS:

1. Enter information found on the Nutrition Facts label in the online version.
2. All answers need to be "Yes" in the right hand column in order for the product to meet the *Michigan Nutrition Standards*.

### ELEMENTARY AND MIDDLE SCHOOL

BEVERAGE		DOES BEVERAGE FOLLOW NUTRITION STANDARDS GUIDELINES?	
<b>WATER</b>			
	YES/NO		
FLAVORING			
ADDITIVES			
CARBONATION			
ADDED SUGAR			
<b>100% JUICE OR 100% JUICE/WATER BLEND WITH NO ADDED SUGAR</b>			
SERVING SIZE		OUNCES	
ADDED SUGAR		GRAMS	
<b>MILK LOW-FAT (1%) OR FAT-FREE (FLAVORED AND UNFLAVORED) AND LACTOSE FREE AND SOY BEVERAGES</b>			
SERVING SIZE		OUNCES	
CALORIES			
TOTAL SUGAR		GRAMS	

### HIGH SCHOOL

BEVERAGE		DOES BEVERAGE FOLLOW NUTRITION STANDARDS GUIDELINES?	
<b>100% JUICE OR 100% JUICE/WATER BLEND WITH NO ADDED SUGAR</b>			
SERVING SIZE		OUNCES	
<b>MILK LOW-FAT (1%) OR FAT-FREE (FLAVORED AND UNFLAVORED) AND LACTOSE FREE AND SOY BEVERAGES</b>			
SERVING SIZE		OUNCES	
CALORIES			
TOTAL SUGAR		GRAMS	



**FOOD CALCULATOR DIRECTIONS:**

1. Convert weight to grams if listed in ounces on product information/nutrition label.
2. Is the product an entree or other food?
3. Enter information found on the Nutrition Facts label in the appropriate section in the online version.
4. All answers need to be "Yes" in the right hand column in order for the product to meet the *Michigan Nutrition Standards*.

1 ounce = 28 grams

**ALL SCHOOLS**

ENTRÉE		DOES ENTRÉE FOLLOW NUTRITION STANDARDS GUIDELINES?	
SERVING SIZE		OUNCES	
CALORIES			
SATURATED FAT		GRAMS	
TRANS FAT		GRAMS	
SODIUM		MILLIGRAMS	

**ALL SCHOOLS**

OTHER FOOD		DOES OTHER FOOD FOLLOW NUTRITION STANDARDS GUIDELINES?	
SERVING SIZE		GRAMS	
CALORIES			
TOTAL FAT		GRAMS	
SATURATED FAT		GRAMS	
TRANS FAT		GRAMS	
TOTAL SUGAR		GRAMS	
SODIUM		MILLIGRAMS	