

## The SFUSD nutrition policy is “No Empty Calories.”

October 2010

In order for a snack food to be approved for sale or service in the SFUSD, it must earn a minimum of seven checkmarks based on the criteria below, with at least five checkmarks in the top table.

	At least 5% DV per serving	(✓)	At least 10% DV per serving	(✓)
Protein	2.5 g		5 g	
Vitamin A	250 IU		500 IU	
Vitamin C	3 mg		6 mg	
Calcium	50 mg		100 mg	
Iron	0.9 mg		1.8 mg	
Thiamin	0.075 mg			
Niacin	1 mg			
Riboflavin	0.085 mg			

(✓)

Low sodium (< 140mg sodium per 100g serving)	
Very low sodium (< 35mg sodium per 100g serving)	
Good source fiber (10% of DV or 2.5g fiber per serving)	
High fiber (20% of DV or 5.0g fiber per serving)	
Contains only naturally-occurring sugar (Labeled as “No added sugars” or “Without added sugars”)	
Organic (Labeled as “100% Organic,” “Organic,” or “Made with Organic Ingredients”)	
<b>The following qualify for one half point (half ✓) each:</b>	
California grown (Labeled California-grown or produced in the state of California)	

**All products must be trans fat free (no hydrogenated or partially hydrogenated oils)**

Name of product: \_\_\_\_\_

Total points (✓): \_\_\_\_\_

**Maximum allowable serving size for a snack food/drink:**

- 1 ¼ ounces for chips, crackers, popcorn, cereal, or jerky
- 2 ½ ounces for trail mix, nuts, seeds, or dried fruit
- 2 ounces for cookies or cereal bars
- 3 ounces for bakery items
- 3 fluid ounces for frozen desserts, including, but not limited to, ice cream
- 8 ounces for non-frozen yogurt
- 12 ounces for beverages, excluding water