A SMART GUIDE TO SMART SNACKS

- Grains: Must be 50% or more whole grain (by weight) or must have whole grain as the first ingredient
- Fat: Food items must not contain more than 35% of calories from fat as served
- Saturated fat: less than 10% of calories from saturated fat
- Trans fat: Must have 0 grams of trans fat
- Sugar: Must not contain more than 35% of total sugar by weight
- Sodium: Snack items or side dishes must contain less than or equal to 200 mg of sodium
- Calories: Snack items or side dishes must be less than or equal to 200 calories as served (this includes any toppings or accompaniments)
- Beverages: Varies per age group - refer to our website for more details
  - Elementary and Middle school - no added sweeteners, fruit and vegetables juices must be 100% juice

REFER TO OUR WEBSITE (BURKE.K12.GA.US) FOR ADDITIONAL RESOURCES OR CONTACT OUR WELLNESS DIETITIAN AT LMALDONADO@BURKE.K12.GA.US