| Standard I: Foods Exempt from Standards II and III | The following foods are part of a healthful diet and may be marketed to children without meeting Standards II and III.  
✓ 100% fruit and fruit juices in all forms  
✓ 100% vegetables and vegetable juices in all forms; must not exceed 140 mg of sodium per RACC*  
✓ 100% non-fat and low-fat milk and yogurt  
✓ 100% whole grains  
✓ 100% water  
Note: 100% is defined as no added nutritive or non-nutritive sweeteners and no other functional ingredients added to the product, except flavoring for water, milk, and yogurt |
| --- | --- |
| Standard II: Meaningful Contribution to a Healthful Diet | Foods marketed to children must provide a meaningful contribution to a healthful diet.  
**Option A:**  
✓ Food must contain at least 50% by weight of one or more of the following: fruit; vegetable; whole grain; fat-free or low-fat milk or yogurt; fish; extra lean meat or poultry; eggs; nuts and seeds; or beans  
**Option B:**  
✓ Food must contain one or more of the following per RACC:*  
- 0.5 cups fruit or fruit juice  
- 0.6 cups vegetables or vegetable juice  
- 0.75 oz. equivalent of 100% whole grain  
- 0.75 cups milk or yogurt; 1 oz. natural cheese; 1.5 oz. processed cheese  
- 1.4 oz. meat equivalent of fish or extra lean meat or poultry  
- 0.3 cups cooked dry beans  
- 0.7 oz. nuts or seeds  
- 1 egg or egg equivalent |
| Standard III: Nutrients to Limit | Foods marketed to children must not contain more than the following amounts of saturated fat, trans fat, sugar, and sodium.  
**Saturated Fat:**  
✓ 1 g or less per RACC* and not more than 15% of calories  
**Trans Fat:**  
✓ 0 g per RACC* (<0.5 g)  
**Sugar:**  
✓ No more than 13 g of added sugars per RACC*  
**Sodium:**  
✓ No more than 200 mg per portion§ |

* For foods with a small RACC (30 g or less or 2 tablespoons or less), the criteria refer to the amount per 50 g of food.  
§ This level is interim and over time should be reduced to 140 mg per RACC.*  
[December 15, 2009]