Nutrition Toolkit
for
Afterschool Programs

- **Nutrition Standards for snacks (SB 12) & beverages (SB 965)**
- **How-to-Calculate fat & sugar limits of snacks (SB 12)**
- **Internet Reference List**
- **Shopping List of "Healthier Snacks"**
- **Shopping List of Processed Snack Foods Adhering to SB 12**
- **Portion-Control Posters**
- **Quicksheet for Adherence to SB 12 & SB 965**

San Mateo County Health Department. Updated November 19, 2008

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Basic facts about SB 12 and SB 965

What are SB 12 and SB 965?

In 2005, California passed new laws regulating the nutrition content of food and beverages sold in public schools and afterschool programs. Senate Bill 12 (SB 12) covers the nutrition requirements for snacks and entrées, and Senate Bill 965 (SB 965) describes the requirements for beverages.

Why are these laws important?

Childhood obesity is a growing epidemic across California and the United States. In San Mateo County, 25% of 5th, 7th, and 9th graders are overweight, with even higher rates in certain ethnic groups and in some areas of North and South County. Being overweight or obese increases the risk of type 2 diabetes, heart disease, hypertension, musculoskeletal problems, and cancer. Obesity may also affect a children's body image, self-esteem, social and emotional development.

Schools and afterschool programs play a critical role in establishing healthy eating habits and curbing the childhood obesity epidemic. Before SB 12 and SB 965, only food and beverages sold as part of federal meal programs were required to meet nutrition standards. Similar standards did not exist for items sold outside of federal programs, and these "competitive foods" were often very high in added sugar and fat. Recognizing that unhealthy snacks and beverages contribute to childhood obesity, California passed SB 12 and SB 965 to create minimum nutrition standards.

Which foods must meet SB 12 and SB 965 criteria?

SB 12 and SB 965 regulations apply to all food and beverages sold at school that are not part of a federal meal program. This includes items sold in vending machines, school stores, canteens, and snack bars, as well as items sold directly by students for fundraising purposes (see fundraising section below). It does NOT include foods brought from home.

What are the basic requirements of SB 12 and SB 965?

SB 12 and SB 965 set different nutrition requirements for elementary schools and middle and high schools, and there are different regulations for snacks, entrées, and beverages. In general, foods must meet the following criteria:

- No more than 35% of calories from fat
- No more than 10% of calories from saturated fat
- No more than 35% of total weight from sugar
- Per item, no more than 175 calories (for elementary school snacks), 250 calories (for middle & high school snacks), or 400 calories (for middle & high school entrées)

What about foods sold by students for fundraising purposes?

All food and beverages sold at school during school hours must meet SB 12 and SB 965 regulations, even if these items are sold by students for fundraising purposes. Students may sell items that do not meet criteria off school grounds or at least one-half hour after school ends. There are also many creative ways to raise money without selling unhealthy snacks. For some ideas, visit www.californiaprojectlean.org , which includes this list from Shasta County Public Health: www.healthyshasta.org/downloads/Creative_Fundraising.pdf

What about private schools, daycares, non school-based after school programs, and other children's service agencies?

Only public schools and public school-based after school programs are required by law to comply with SB 12 and SB 965. However, SB 12 and SB 965 are reasonable guidelines that ban high-fat and high-sugar foods that cause childhood obesity. Therefore, the San Mateo Get Healthy Task Force-Afterschool Committee and San Mateo County Health Department recommend that all agencies that provide food for children consider the SB 12 and SB 965 nutrition guidelines.

Where can I learn more about implementing SB 12 and SB 965?

- **California Project Lean** has a website with detailed information about SB 12 and SB 965, as well as an online nutrition calculator. www.californiaprojectlean.org/calculator/nutritionStandards.asp

- **California Adolescent Nutrition and Fitness** (**CANFit)** is a nonprofit organization that supports community-based organizations aiming to improve nutrition and physical activity. Its detailed "CANFit Healthy Snack Guide" offers extensive information, recipes, and menu guides for programs seeking to offer healthy snacks. All of their snack menus meet requirements for federal reimbursement and comply with SB 12 and SB 965. www.canfit.org

- **Get Healthy San Mateo County.** www.gethealthysmc.org This locally relevant website includes specific resources for educators, childcare providers, and afterschool professionals.

Choose a tool to determine if food meets SB 12 and SB 965 criteria?

This packet contains several tools to help you determine which foods meet SB 12 and SB 965 criteria. Depending on your preferences, you may want to use one or more of the following resources:

1) **SB 12 and SB 965 Flowcharts** (see pages 6-8)**:** Through a series of questions, these flowcharts help you figure out if your food or beverage meets criteria. This tool does NOT require using the Internet or doing calculations.

2) **SB 12 Equation Worksheet** (see page 9)**:** This tool teaches you how to calculate by hand whether your food meets SB 12 requirements. You learn to calculate % of calories from fat, % of calories from saturated fat, and % of weight from sugar.

3) **Quick Guide to Snacks and Beverages**: This easy one-page guide has the basics of what you need to know. Bring it along when you go shopping!

4) **Online Computer Calculator (**from California Project Lean**):** This Internet tool lets you enter the Nutrition Facts for each snack or entrée, and then automatically calculates whether your food meets SB 12 criteria. www.californiaprojectlean.org/calculator/

5) **Lists of Approved Snacks:** A few school districts have created lists of processed snacks that meet SB 12 criteria. Keep in mind that ingredients and nutrition information can change, so you may want to double-check the Nutrition Facts before selling these snacks.

   www.canfit.org/pdf/CANFitHealthySnackGuide.pdf

   www.sjusd.org/pdf/parents/Approved_Snack_List.pdf

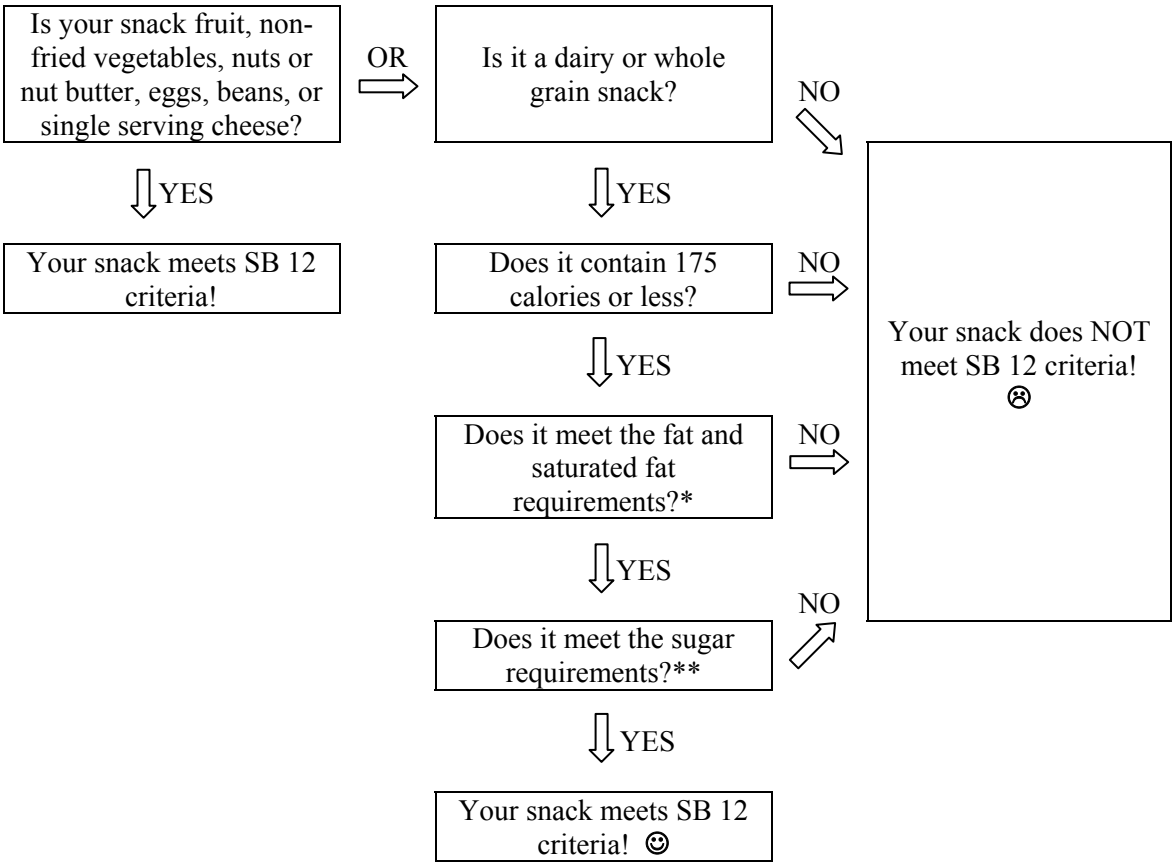
   www.arlingtonpta.com/Forms/PDFs/Snacks_SB12.pdf

   www.egusd.net/nutrition/pdf/ApprovedSnacksByCategory42108.pdf

   www.cnusdlunchcrunch.com/Snack%20List%20Elem.pdf

Elementary School Snacks

To find out if your elementary snack meets SB 12 criteria, answer the following questions:



*** Fat & Saturated Fat Limits:**
Find the number of calories in the snack serving. If in-between numbers, choose the lower one. Read across two right columns. Snack with **less than** this number of total fat and saturated fat grams complies with SB 12.

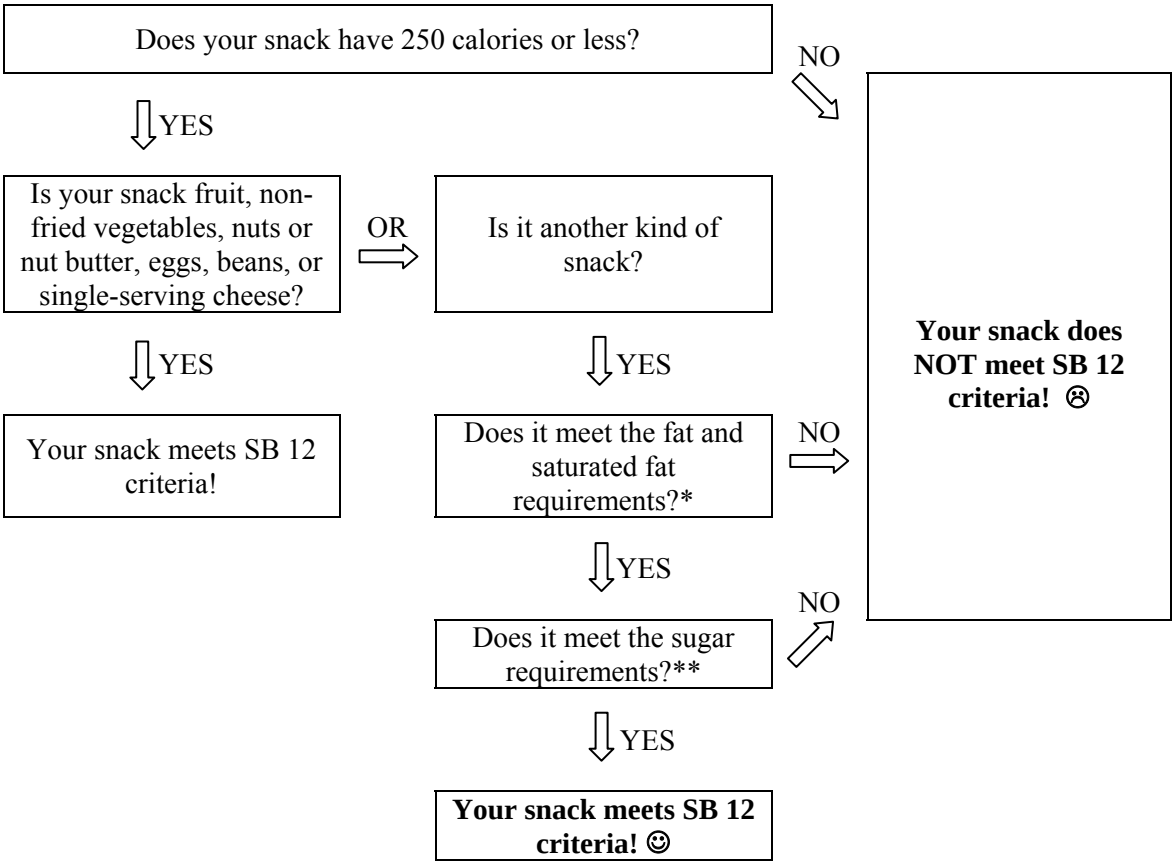
Calories	Total fat (g) less than:	Sat fat (g) less than:
>175	Above calorie limit!	
175	6.8	1.9
150	5.8	1.6
125	4.9	1.4
100	3.9	1.1
75	2.9	0.8
50	1.9	0.5
25	0.9	0.2

**** Sugar Limits:**
Find the serving size of the snack serving (in ounces or grams). If in-between numbers, choose the lower one. Read across to the right column. Snacks with **less than** this number of sugar grams complies with SB 12.

Serving Size		Sugar (g) less than:
Ounces	Grams	
8	224	78
6	168	59
5	140	49
4	112	39
3.5	98	34
3	84	29
2.5	70	24
2	56	19
1.5	42	14
1.0	28	9
0.5	14	5

Middle & High School Snacks

To find out if your high school or middle school snack meets SB 12 criteria, answer the following questions:



*** Fat & Saturated Fat Limits:**
Find the number of calories in the snack serving. If in-between numbers, choose the lower one. Read across two right columns. Snack with **less than** this number of total fat and saturated fat grams complies with SB 12.

Calories	Total fat (g) less than:	Sat fat (g) less than:
>250	Above calorie limit!	
250	9.7	2.7
225	8.7	2.5
200	7.8	2.2
175	6.8	1.9
150	5.8	1.6
125	4.9	1.4
100	3.9	1.1
75	2.9	0.8
50	1.9	0.5
25	0.9	0.2

**** Sugar Limits:**
Find the serving size of the snack serving (in ounces or grams). If in-between numbers, choose the lower one. Read across to the right column. Snacks with **less than** this number of sugar grams complies with SB 12.

Serving Size		Sugar (g)
Ounces	Grams	less than:
8	224	78
6	168	59
5	140	49
4	112	39
3.5	98	34
3	84	29
2.5	70	24
2	56	19
1.5	42	14
1.0	28	9
0.5	14	5

SB 12 Entrées

SB 12 defines an "entrée" as the primary food in a meal, such as a sandwich, burrito, pasta dish, or pizza.

In elementary schools, entrées must be served as part of a "full meal" that meets the USDA-approved School Breakfast Program or the National School Lunch Program meal pattern requirements.

In middle and high schools, entrées can be sold separately from the National School Lunch Program. To meet SB 12 requirements, a separate entrée must:

- Have no more than 400 calories
- Contain no more than 4 grams of fat for each 100 calories
- Be categorized as an entrée item in the School Breakfast Program or National School Lunch Program

SB 965 Beverages

To meet SB 965 criteria, beverages must be one of the following:

- Drinking water with no added sweetener
- A fruit-based or vegetable-based drink with at least 50% fruit or vegetable juice and no added sweetener
- Nonfat milk, 1% fat milk, 2% fat milk, soy milk, rice milk, or other non-dairy milk

At middle and high schools, one other type of beverage meets SB 965 criteria:

- An electrolyte replacement drink with no more than 42 grams of sugar per 20-ounce serving

At **elementary schools**, ALL beverages must comply with SB 965, regardless of the time of day that they are sold.

At **middle and high schools**, beverages must comply with SB 965 only during certain hours, starting one-half hour before school and ending one-half hour after school. In addition, SB 965 is being introduced gradually for middle and high schools:

- Starting July 1, 2007, 50% of the beverages sold during school hours (as specified above) must comply with SB 965.
- Starting July 1, 2009, ALL beverages sold during school hours must comply with SB 965.

<u>SB 12 Equation Worksheet</u> *with Example #1*

This sheet will teach you the three equations to calculate whether a snack meets SB 12 criteria.

The most important fact to remember:
There are **<u>9 calories in each gram of fat</u>** (saturated and/or unsaturated).

The Nutrition Facts label contains the info for the 3 equations:

- Serving size (in grams) *(Note: 1oz = 28g)*
- Total calories
- Calories from fat
- Total fat (in grams)
- Saturated fat (in grams)
- Sugar (in grams)

Example:

EQUATIONS	***Example***
% Calories from Total Fat	
Method A: **<u>Calories from fat</u>** x 100% / **Total calories**	$\frac{10}{110}$ x 100% = .09 x 100% = 9% of calories from total fat
Method B: **<u>Total fat</u>** <u>g x 9 calories/g fat</u> x 100% / **Total calories**	$\frac{1 \times 9}{110}$ x 100% = .08 x 100% = 8% of calories from total fat
	9% is ≤ 35%. Adheres to SB 12 ! ☺ *(Results of Method A & B different because "Total Fat g" rounded down)*
% Calories from Saturated Fat	
<u>Saturated fat</u> <u>g x 9 calories/g fat</u> x 100% / **Total calories**	$\frac{0 \times 9}{110}$ x 100% = .0 x 100% = 0% of total calories from saturated fat
	0% is ≤ 10%. Adheres to SB 12 ! ☺
% Total Weight from Sugar *(1oz = 28g)*	*Convert: 28g/1oz*
<u>Sugar</u> <u>(g)</u> / **Total Weight** (g) x 100%	$\frac{1g\ sugar}{28g}$ x 100 = .04 x 100 = 4% weight from sugar
	4 % is ≤ 35%. Adheres to SB 12 ! ☺ Because the snack contains less than the SB 12 limits for total fat, saturated fat, and sugar, the snack adheres to SB 12 and can be served.

SB 12 Equation Worksheet *with Example #2*

This sheet will teach you the three equations to calculate whether a snack meets SB 12 criteria.

Example

"Chips Ahoy – Reduced Fat"

Nutrition Facts
Serving Size 32g
Servings per Container about 14

Amount Per Serving			
Calories 140		Calories from Fat	50
			% Daily Value*
Total Fat 5g			8 %
Saturated Fat 2g			10 %
Cholesterol 0mg			0 %
Sodium 150mg			6 %
Total Carbohydrate 23g			8 %
Dietary Fiber 1g			3 %
Sugars 11g			
Protein 2g			

The most important fact to remember:
There are **9 calories in each gram of fat** (saturated and/or unsaturated).

The Nutrition Facts label contains the info for the 3 equations:

- Serving size (in grams) *(Note: 1oz = 28g)*
- Total calories
- Calories from fat
- Total fat (in grams)
- Saturated fat (in grams)
- Sugar (in grams)

EQUATIONS	***Example***
% Calories from Total Fat	
Method A: $\frac{\textbf{Calories from fat}}{\textbf{Total calories}} \times 100\%$	$\frac{50}{140} \times 100\% =$ .36 x 100% = 36% of calories from total fat
Method B: $\frac{\textbf{Total fat g} \times 9 \text{ calories/g fat}}{\textbf{Total calories}} \times 100\%$	$\frac{5 \times 9}{140} \times 100\% =$ .32 x 100% = 32% of calories from total fat
	36% is NOT ≤ 35%. Does NOT adheres to SB 12 ! ☹ *(Results of Method A & B different because "Total Fat g" rounded down)*
% Calories from Saturated Fat	
$\frac{\textbf{Saturated fat g} \times 9 \text{ calories/g fat}}{\textbf{Total calories}} \times 100\%$	$\frac{2 \times 9}{140} \times 100\% =$ .13 x 100% = 13% of calories from saturated fat
	13% is NOT ≤ 10%. Does **NOT** adhere to SB 12 ! ☹
% Total Weight from Sugar *(Conversion: 1oz = 28g)*	
$\frac{\textbf{Sugar (g)}}{\textbf{Total Weight (g)}} \times 100\%$	$\frac{11\text{g sugar}}{32\text{g}} \times 100 =$ .34 x 100 = 34% weight from sugar
	34% is ≤ 35%. Adheres to SB 12 !
	Because of excessive total and saturated fat, this snack does NOT adhere to SB 12 and should not be sold or served. ☹

Healthier Snack Options

Adapted from CANFit: http://www.canfit.org/pdf/CANFitHealthySnackGuide.pdf

GRAIN & BREAD

Whole Grains
Oatmeal
Brown rice
Couscous
Quinoa
Barley
Granola

Crackers
Goldfish crackers
Graham crackers
Saltine crackers
Animal crackers
Rice crackers
Reduced fat Triscuits

Noodles
Rice noodles
Buckwheat or soba noodles

Bread products
Whole grain bread
Bagels
Corn tortillas or sopes
Sopes
Bread sticks

Other Snacks
Chex Mix
Corn nuts
Pretzels
Light popcorn
Pita chips
Reduced fat tortilla chips

FRUITS & VEGGIES

Fruit
Fresh fruit
Apples
Avocados
Bananas
Plums
Peaches
Oranges
Fruit bowls
100% fruit juice
Applesauce
Fruit and nut trail mix
Apple chips
Dried fruit
Vegetables

Fresh vegetables
Vegetable soup
100% vegetable juice
Hominy
Salsa
Coleslaw
Salad
Nopales

PROTEIN & MEAT

Meats
Turkey jerky
Beef jerky
Tuna lunch kit
Teriyaki chicken bowl
Chicken skewers
Chicken/beef flautas
Cheese ravioli
Stuffed chicken breast
Morning Star patties
Garden burgers
Boca burgers

Nuts, Seeds and Beans
Cashews
Peanuts
Almonds
Black beans
Three-bean salad
Hummus
Tahini
Peanut butter
Almond butter
Sunflower seeds
Pumpkin seeds

Dairy
Almond milk
Rice pudding
Cottage cheese
Low fat yogurt
Soymilk
Low fat pudding
Licuados made with milk

Health Tip

What are Whole Grains?

On the ingredients list, look for the term "whole" in front of the grain. It should also be the first ingredient on the list. Example: "*Whole* wheat flour"

Phrases that do *NOT* mean whole grain:

- 100% Wheat flour
- Multigrain
- Stone ground

SB 12 Basics

ALWAYS ALLOWED*:

- Fruits and veggies (not fried)
- Nuts, seeds, and nut butters
- Beans and legumes
- Eggs and single-serving cheese

OTHER SNACKS ALLOWED IF:**

- ≤ 35% of calories come from fat
- ≤ 10% of calories come from saturated fat
- ≤ 35% of total weight comes from sugar,
- ≤ 175 calories (for elementary school) or ≤ 250 calories (for middle/high schools)

Processed Snack Foods Adhering to SB 12

Samuels & Assoc for California Endowment & Robert Wood Johnson Foundation — www.calendow.org/uploadedFiles/competitive_foods_brief.pdf

Bagel Chips - New York Style Mini Garlic Bagel Chips
Bagel - Lender's with Cream Cheese
Bagel - Sara Lee
Baked Chips - Classics Potato Crisps - Sour Cream and Onion
Beef Jerky - Enjoy-Hot, Teriyaki or Old Fashioned
Beef Jerky - Werner - Honey Glazed
Beef Jerky - Werner - Jalapeno
Beef Jerky - Werner - Original Medallions
Burrito - Jose Ole - Fiesta Bean and Cheese
Cheese - Organic Valley - Stringles String Cheese
Chicken - Goldkist Farms Chicken Patty
Chow Mein - Tops - Chicken Chow Mein
Concha De Vanilla Pan Dulce
Cookie - Basil's Animal Snackers
Cookies - Health Valley - Low Fat Chocolate Tart
Cookies - Nabisco - Teddy Grahams
Cookies - Tom's - Animal Crackers
Corn Nuts - Chile Picante
Corn Nuts - Original
Corn Nuts - Ranch
Corn Nuts - Salsa Jalisco
Crackers - Keebler Elfin
Cream Cheese - Block & Barrel
Energy Bar - Clif - Crunchy Peanut Butter
French Toast - Krusteaz - Cinnamon
Frozen Yogurt - California - Nonfat Chocolate Chip
Frozen Yogurt - California - Nonfat Cookie Dough
Frozen Yogurt - California - Nonfat Cookies and Cream
Frozen Yogurt - California - Nonfat Jaw Busters Cool Cup
Frozen Yogurt - California - Nonfat Mint Chip
Frozen Yogurt - California - Nonfat Peaches and Cream
Frozen Yogurt - California - Nonfat Squirmy Wormy Cool Cup
Frozen Yogurt - California - Nonfat Strawberry and Cream
Frozen Yogurt - California - Nonfat Strawberry Mudslide Cool Cup
Frozen Yogurt - California - Nonfat Sundae Cookie Dream Cool Cup
Granola Bar - Nature Valley - Brown Sugar
Granola Bar - Nature Valley - Crunchy Banana Nut
Granola Bar - Nature Valley - Crunchy Granola Honey and Oats
Granola Bar - Nature Valley - Honey And Oats
Granola Bar - Nature Valley - Maple Brown Sugar
Granola Bar - Nature Valley - Peanut Butter
Granola Bar - Nature Valley - Peanut Granola Bar
Gum - Carefree Sugarless
Hamburger - Donlee Farms Beef Burger
Nuts - Blue Diamond - Smokehouse Almonds
Pizza - Tony's - Cheese/Cheese Substitute Pizza With Reduced Fat
Popsicle - Darigold - Cherry Pineapple Super Pop
Pretzels - Rold Gold Classic Tiny Twists
Pretzels - Tom's - Gold Rush - Baked Mini Pretzels
Soup - Campbell - Tortilla

Adapted from: Arlington PTA, Torrance CA — www.arlingtonpta.com/Forms/PDFs/Snacks_SB12.pdf

Granola, fruit bars / trail-mix
Chewy granola low fat chocolate chip – GM
Chex Milk n Cereal Bar - GM
Journey apple cinnamon & Journey peanut butter w/fudge chunks – K
Kudos milk chocolate granola w/mini m&m – M
Nature Valley chew trail mix fruit & nut – GM
Nature Valley granola bar oats and honey - GM
Nutrigrain chewy twists apple cobbler & strawberry cheesecake – K
Special K blueberry & strawberry bars – K
Z Bar chocolate brownie & caramel apple – C
Cereal bar Team Cheerios & Trix – GM
Cereal breakfast squares, oatmeal & raisin – Q
Cereal breakfast squares, baked apple, brown sugar cinnamon - Q

Cheese & chips
Cheese cheddar cheese cubes – Kr
Cheese handi snack mozzarella string cheese – Kr
Cheese It crackers – S
Cheese string cheese twirls – S
Cheese string cheese RF low moisture mozzarella – S
Cheetos baked crunchy, flaming hot – FL
Chips baked Lays KC masterpiece/ original/ sour cream & onion – FL
Chips crisp ums cinnamon sugar – Q
Chips Genisoy soy crisps apple cinnamon – GN
Chips baked nacho cheese & cooler, baked ranch Doritos – FL
Chips baked Ruffles cheddar & sour cream – FL
Chips light Lays, original, reduced fat nacho cheesier – FL

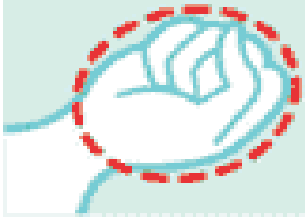
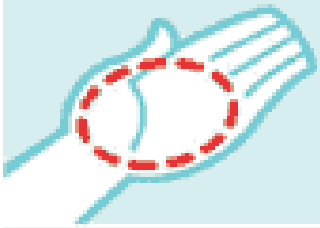
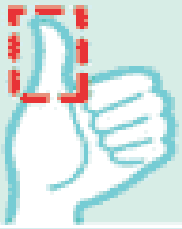
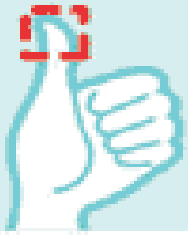
Cookies & Crackers
Cookies Ahoy thin crisps 100-calorie pack – N
Cookies chocolate/cinnamon/honey teddy grahams – N
Cookies Oreo thins thin crisps 100-calorie pack – N
Cookies RF chocolate chip, sweet discvery carnival/ oatmeal raisin – OS
Cookies RF value zone carnival/ chocolate chip/ sugar 1oz, – OS
Crackers Austin cheese cracker w/PB red fat – K-K
Crackers Austin toasty w/PB sandwich crackers RF – K-K
Crackers cheese nips thin crisps, animal crackers - N
Crackers backed animal goldfish phy ed, goldfish parmesan - CS
Crackers cheese nips thin crisps – Kr
Crackers elf grahams 1oz – K-K
Crackers Right bites Cheez its 100-calorie pack – Ke
Crackers Ritz Crisp – N
Crackers Wheatables – Ke
Grahams chocolate giant goldfish, cinnamon giant goldfish - CS

Ice cream, frozen dessert & fruit cups
Haagen Dazs raspberry,strawberry&banana sorbet,vanilla yogurt – HD
Frozen dessert ice cream bars strawberry & cream – HS
Frozen dessert juice bars 2.5oz – MM
Fruit cups cherry mixed fruit in plastic cup – DM
Fruit cups cherry mixed fruit in pull top can – DM
Fruit cups fruit bowls peaches – D
Fruit fun fruit 100% fresh ready to eat apples, grapes, orange wedges & pineapple – S
Yogurt creamy fruit blends blueberry, cherry, peach, strawberry, strawberry banana – D
Yogurt Danimals drinkables strikin' strawberry kiwi, swingin' strawberry banana 3.1oz - D

Pretzels & snack mix
Pretzel baked 1oz #3013 – JJS
Pretzel butter snaps/mini/snaps, sourdough nibblers – SNY
Pretzel goldfish – CS & PF
Pretzel rold gold heartzels, rold gold tiny twists – FL
Pretzel Rice cake honey nut rice cake mini - Q
Rice snacks quakes caramel corn, cheddar cheese – Q
Snack honey graham crackers – K
Snack mix Chex morning mix banana nut, morning mix cinnamon & fruit & nut, honey nut – GM
Snack mix munchies kids mix 28 gm – FL
Wheat thins mini crisps – N

GM = General Mills, K – Kellog's, Ke = Keebler, OS = Otis Spunkmeyer, Kr = Kraft, N = Nabisco, FL = Frito Lay, CS = Campbell Soup Co, HS = Heartsmart, MM = Minute Maid, DM = Del Monte, D = Dole, S = Sunkist

“Handy” Portion Limits

Hand Symbol	Equivalent	Foods	Calories
	**Fist** 1 cup	Rice, pasta Fruit Veggies	200 75 40
	**Palm** 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	**Thumb** 1 ounce	Peanut butter Hard cheese	170 100
	**Thumb tip** 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Quicksheet for SB 12 & SB 965 Snacks & Beverages

SB 12 Basics

ALWAYS ALLOWED*:

- Fruits and veggies (not fried)
- Nuts, seeds, and nut butters
- Beans and legumes
- Eggs and single-serving cheese

OTHER SNACKS ALLOWED IF:**

- ≤ 35% of calories come from fat
- ≤ 10% of calories come from saturated fat
- ≤ 35% of total weight comes from sugar,
- ≤ 175 calories (for elementary school) or ≤ 250 calories (for middle/high schools)

* In middle & high schools, these snacks must still contain no more than 250 calories.

** In elementary school, all other snacks must be whole grain or dairy items.

SB 965 Basics

ALWAYS ALLOWED*:

- Water with no added sweetener
- Fruit or vegetable-based drink with at least 50% juice and no added sweetener
- Nonfat, 1%, 2%, or nondairy milk

* In middle & high schools, electrolyte replacement beverages w/ no more than 42g sugar per 20 oz serving are also allowed.

EQUATIONS: Fat & Sugar Limit *per serving*

% Calories from Total Fat = $\frac{\textbf{Calories from Fat}}{\textbf{Total calories}} \times 100\%$

% Calories from Saturated Fat = $\frac{\textbf{Saturated fat g} \times 9 \text{ calories/g fat}}{\textbf{Total calories}} \times 100\%$

% Total Weight from Sugar = $\frac{\text{Sugar (g)}}{\textbf{Total Weight (g)}} \times 100\%$ *(1oz = 28g)*

SB 12 Tables

Fat & Saturated Fat Limits:
Find the number of calories in the snack serving. If in-between numbers, choose the lower one. Read across two right columns. Snack with **less than** this number of total fat and saturated fat grams complies with SB 12.

Calories	Fat (g) less than:	Sat fat (g) less than:
>250	Exceeds calorie limit	
250	9.7	2.7
225	8.7	2.5
200	7.8	2.2
175	6.8	1.9
150	5.8	1.6
125	4.9	1.4
100	3.9	1.1
75	2.9	0.8
50	1.9	0.5
25	0.9	0.2

Sugar Limits:
Find the serving size of the snack serving (in ounces or grams). If in-between numbers, choose the lower one. Read across to the right column. Snacks with **less than** this number of sugar grams complies with SB 12.

Serving Size		Sugar (g) less than:
Ounces	Grams	
8	224	78
6	168	59
5	140	49
4	112	39
3.5	98	34
3	84	29
2.5	70	24
2	56	19
1.5	42	14
1.0	28	9
0.5	14	5

Online SB 12 Calculator: www.californiaprojectlean.org/calculator/
Shopping Lists of SB 12 Compliant Snacks: www.canfit.org/pdf/CANFitHealthySnackGuide.pdf, www.sjusd.org/pdf/parents/Approved_Snack_List.pdf, www.arlingtonpta.com/Forms/PDFs/Snacks_SB12.pdf

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