

1ST READING—JUNE 19, 2006

ATTACHMENT TO 5690-STUDENT HEALTH AND WELLNESS

ENGLEWOOD SCHOOLS ESTABLISHED NUTRITION PARAMETERS

ELEMENTARY SCHOOLS

ALL FOOD AND BEVERAGES AVAILABLE AS SNACKS OR SOLD A LA CARTE WILL ADHERE TO THE NUTRITION STANDARDS LISTED BELOW.

MIDDLE SCHOOLS

FIFTY PERCENT OF THE FOODS AND BEVERAGES VENDED TO STUDENTS, AVAILABLE FOR A LA CARTE PURCHASE DURING MEALTIME, SOLD BY SCHOOL STORES AND AS FUNDRAISING ACTIVITIES DURING SCHOOL HOURS WILL ADHERE TO THE NUTRITION STANDARDS LISTED BELOW.

HIGH SCHOOLS

FIFTY PERCENT OF THE FOODS AND BEVERAGES VENDED TO STUDENTS, AVAILABLE FOR A LA CARTE PURCHASE DURING MEALTIME, SOLD BY SCHOOL STORES AND AS FUNDRAISING ACTIVITIES DURING SCHOOL HOURS WILL ADHERE TO THE NUTRITION STANDARDS LISTED BELOW.

NUTRITION GUIDELINES

- MAXIMUM 35 PERCENT TOTAL CALORIES FROM FAT. COMBINED CALORIES FROM SATURATED AND TRANS FATS MUST BE UNDER 10 PERCENT OF TOTAL FAT CALORIES.
- NO MORE THAN 35 PERCENT SUGAR BY WEIGHT. EXCEPTIONS INCLUDE:
 - SEEDS AND NUTS
 - LOW-FAT DAIRY PRODUCTS
 - FRESH OR DRIED FRUITS
 - FRUITS PACKAGED IN THEIR OWN JUICES
 - FRUIT DRINKS CONTAINING 50 PERCENT FRUIT JUICE
- MINIMUM 1 GRAM OF FIBER (BEVERAGES ARE EXEMPT FROM FIBER REQUIREMENT.)
- MAXIMUM 500 CALORIES PER SERVING FOR ENTRÉE ITEMS SERVED A LA CARTE.
- MAXIMUM 300 CALORIES PER SERVING FOR ALL OTHER ITEMS.
- MAXIMUM 800 MG OF SODIUM FOR ENTRÉE ITEMS SERVED A LA CARTE.
- MAXIMUM 600 MG OF SODIUM FOR ALL OTHER SNACK ITEMS.
- AT THE MIDDLE AND HIGH SCHOOL LEVELS, MECHANICALLY VENDED FOODS AND BEVERAGES WILL COMPLY WITH CRS 22-32-134. THIS STATUTE STATES THAT 50 PERCENT OF FOODS AND BEVERAGES OFFERED IN EACH VENDING MACHINE OR ADJOINING SET OF VENDING MACHINES LOCATED IN EACH SCHOOL SHALL MEET THE FOLLOWING CRITERIA:
 - PLAIN, UNFLAVORED, NON-CARBONATED WATER
 - MILK, INCLUDING FLAVORED MILK, SOY MILK, AND RICE MILK-TYPE BEVERAGES
 - FRUIT JUICES THAT CONTAIN AT LEAST 50 PERCENT JUICE
 - ELECTROLYTE REPLACEMENT BEVERAGES THAT CONTAIN FORTY-TWO OR FEWER GRAMS OF ADDITIONAL SWEETENER PER 20 OZ. SERVING
 - NUTS, SEEDS, DAIRY PRODUCTS, FRESH FRUITS OR VEGETABLES, DRIED FRUITS OR VEGETABLES, AND FRUITS PACKED IN THEIR OWN JUICES

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- ANY OTHER FOOD ITEM CONTAINING:
 - NO MORE THAN 35 PERCENT TOTAL CALORIES FROM FAT. COMBINED CALORIES FROM SATURATED AND TRANS FATS MUST BE UNDER 10 PERCENT OF TOTAL FAT CALORIES.
 - NO MORE THAN 35 PERCENT SUGAR BY WEIGHT. SUGARS THAT OCCUR NATURALLY IN FRUIT JUICES THAT ARE COMPONENTS OF A FOOD OR BEVERAGE ARE NOT COUNTED IN THE 35 PERCENT.