

Arizona Nutrition Standards Compared to HealthierUS School Challenge (USDA nutrition standards)

Category	Age ^a	ANS	HealthierUS
Energy Needs	4-8 ^d	Female: 1400 - 1600 ^b Males: 1400 – 1600 ^b	USDA SMIs
	9-13 ^d	Female: 1600 – 2000 ^b Male: 1800 – 2000 ^b	USDA SMIs
	14-18 ^d	Female: 2000 ^b Male: 2400 – 2800 ^b	USDA SMIs
NSLP entrees sold ala carte			No distinction for a la carte sales of entrees
Calories from fat	K-8	≤40% of total calories	-
Calories from Saturated Fat and Trans Fat	K-8	≤10% of total calories	-
Sugar	K-8	≤35% total sugar by weight	-
Fiber	K-8	≥ 1 gram fiber	-
Calories per serving	K-8	≤ 400 calories per serving entrée item	-
Sodium	K-8	≤ 800 mg per entrée item	-
Preparation Method	K-8	Cannot be deep-fat fried	-
Non-NSLP entrees sold ala carte			
Calories from Fat	K-8	≤35% of total calories	≤35% of total calories excluding nuts, seeds, nut butters, and reduced fat cheese
Calories from Saturated Fat and Trans Fat	K-8	≤10% of total calories	≤10% of calories saturated fat per serving ≤0.5 g per serving trans fat
Sugar	K-8	≤35% total sugar by weight	≤35% of calories from total sugars
Fiber	K-8	≥ 1 gram	-
Calories per serving entrée sold as ala carte	K-8	≤ 400 calories	-
Sodium	K-8	≤ 800 mg	≤600 mg
Preparation Method	K-8	No deep-fat fried	-
All Other Items			
Calories from Fat	K-8	≤35% of total calories	≤35% of total calories
Calories from Saturated Fat and Trans Fat		≤10% of total calories	≤10% of calories saturated fat per serving excluding reduced fat cheese ≤0.5 g per serving trans fat per serving
Sugar		≤35% total sugar by weight	≤35% of calories from total sugars
Fiber		≥1 gram	-
Calories per serving entrée sold as ala carte		≤300 calories	-

Sodium		≤600 mg	≤480 mg
	Preparation Method	No deep-fat fried	-
Beverage Standards			
Water	K-8	No caffeine, only natural or non-caloric sweeteners	May not contain flavoring, sweeteners, carbonation, or caffeine
	Juice		
	Elementary	100% fruit and/or vegetable juice	100% fruit and vegetable juices with no sweeteners up to 6 oz
	Middle/Jr High	Not <50% fruit and/or vegetable juice No sugar added with nutrient values equal to 100% juice	100% fruit and vegetable juices with no sweeteners up to 6 oz
Fruit Smoothie (yogurt or ice based)	Elementary	100% fruit juice Must not exceed 400 calories	-
	Middle/Jr high	Not <50% fruit juice Must not exceed 400 calories	-
Milk and Alternatives		Fat free, 1%, 2% Reduced fat enriched rice, nut or soy milk Flavored milk may contain no >4g sugar per ounce	Only fat-free or 1% Flavored or unflavored Up to 8 oz
Sports and electrolyte-replacement drinks	Elementary	Not allowed	-
	Middle/Jr high	Allowed	-
Carbonation		Not allowed	-
Caffeine		Not allowed	-