

Food Product Calculator

The EVSC approved Wellness Policy references Indiana Code 20-26-9-19 which states:

“(3) Food items that meet all the following standards are considered better choice foods:

*(a) Not more than thirty percent (30%) of their total calories from **fat**.*

*(b) Not more than ten percent (10%) of their total calories are from **saturated and Trans fat**.*

*(c) Not more than thirty-five percent (35%) of their weight is from **sugars** that do not occur naturally in fruits, vegetables, or dairy products.”*

The following calculator provided on the Alliance for Healthier Generation website is an excellent calculator to determine if a product meets the USDA Smart Snacks in School nutrition standards.

We are told that even though Indiana Code states “not more than thirty percent (30%) of the calories are from fat” the Federal requirements is not more than thirty-five (35%). It is our understanding that Indiana is considering adopting these criteria.

Access the Smart Snacks Product Calculator at:

<http://rdp.healthiergeneration.org/calc/calculator/>