


Appendix D-2


Sample #1 Worksheet to Determine Foods That May Be Sold

This sample worksheet is provided to assist school personnel in identifying the necessary information to determine if certain food items meet the nutrition standards set forth in Section 305.15(a)(2).


Nutrition Facts	
Serving Size 35g	
Servings per Container about 1	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11 %
Saturated Fat 2g	9 %
Trans Fat 0.5g	
Cholesterol 0mg	0 %
Sodium 410mg	17 %
Total Carbohydrate 22g	7 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 3g	
Vitamin A 0 %	Calcium 2 %
Vitamin C 0 %	Iron 8 %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholest	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Fiber	25g 30g


Step One: Identify the kind of product. Cheese Crackers

 If the product is a nut, seed, nut butter, egg, cheese packaged for individual sale, fruit or non-fried vegetable, or low-fat yogurt product, STOP. The product meets the requirements and **may be sold**.

 If the product is not a product identified above, continue to Step Two.

Step Two: (Use the **RED circled** information on this sample label.) Identify the total calories per serving size. 170

 If calories per serving size are greater than 200 calories, STOP. The product **may not be sold**.


 If calories per serving size are equal to or less than 200 calories, continue to Step Three.


Step Three: (Use the **GREEN circled** information on this sample label.) Calculate the percentage of total calories from fat.

Calories from fat 60 (If listed on the label; if not, calculate using the formula below.)

Total grams of fat ____ x 9 calories per gram = ____ calories from fat

Calories from fat 60 ÷ total calories per serving size 170 = 35.29% of total calories from fat


 If the percentage of total calories from fat is greater than 35%, STOP. The product **may not be sold**.


 If the percentage of total calories from fat is equal to or less than 35%, continue to Step Four.

Step Four: (Use the **PURPLE circled** information on this sample label.) Calculate the percentage of total calories from saturated fat.

Total grams of saturated fat ____ x 9 calories per gram = ____ calories from saturated fat


Calories from saturated fat ____ ÷ total calories per serving size ____ = ____ % of total calories from saturated fat

 If the percentage of total calories from saturated fat is greater than 10%, STOP. The product **may not be sold**.

 If the percentage of total calories from saturated fat is equal to or less than 10%, continue to Step Five.

Step Five: (Use the **BLUE circled** information on this sample label.) Calculate the percentage of sugar by weight.

Total grams of sugar ____ ÷ serving size weight ____ (g) = ____ % of total sugar by weight

 If the percentage of total sugar by weight is greater than 35%, STOP. The product **may not be sold**.

 If the percentage of total sugar by weight is equal to or less than 35%, then the product may be sold.

APPENDIX D-3

Sample #2 Worksheet to Determine Foods That May Be Sold

This sample worksheet is provided to assist school personnel in identifying the necessary information to determine if certain food items meet the nutrition standards set forth in section 305.15(a)(2).


Nutrition Facts


Serving Size 23g	
Servings per Container about 6	
Amount Per Serving	
Calories 100	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 160mg	7 %
Total Carbohydrate 20g	7 %
Dietary Fiber 1g	3 %
Sugars 9g	
Protein 1g	
Vitamin A 0 %	Calcium 0 %
Vitamin C 0 %	Iron 6 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:


	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g


Step One: Identify the kind of product. **Cookie Crisp**

 If the product is a nut, seed, nut butter, egg, cheese packaged for individual sale, fruit or non-fried vegetable, or low-fat yogurt product, STOP. The product meets the requirements and **may be sold**.

 If the product is not a product identified above, continue to Step Two.

Step Two: (Use the **RED circled** information on this sample label.) Identify the total calories per serving size. **100**

 If calories per serving size are greater than 200 calories, STOP. The product **may not be sold**.


 If calories per serving size are equal to or less than 200 calories, continue to Step Three.


Step Three: (Use the **GREEN circled** information on this sample label.) Calculate the percentage of total calories from fat.

Calories from fat **20** (If listed on the label; if not, calculate using the formula below.)

Total grams of fat _____ x 9 calories per gram = ____ calories from fat

Calories from fat **20** ÷ total calories per serving size **100** = **20.00%** of total calories from fat

 If the percentage of total calories from fat is greater than 35%, STOP. The product **may not be sold**.


 If the percentage of total calories from fat is equal to or less than 35%, continue to Step Four.


Step Four: (Use the **PURPLE circled** information on this sample label.)

Calculate the percentage of total calories from the saturated fat.

Total grams of saturated fat **0** x 9 calories per gram = **0** calories from saturated fat


Calories from saturated fat **0** ÷ total calories per serving size **100** = **0%** of total calories from saturated fat


 If the percentage of total calories from saturated fat is greater than 10%, STOP. The product **may not be sold**.

 If the percentage of total calories from saturated fat is equal to or less than 10%, continue to Step Five.

Step Five: (Use the **BLUE circled** information on this sample label.) Calculate the total amount of sugar by weight percentage.

Total grams of sugar **9** ÷ serving size weight **23g** = **39.13%** of total sugar by weight

 If the percentage of total sugar by weight is greater than 35%, STOP. The product **may not be sold**.

 If the percentage of total sugar by weight is equal to or less than 35%, then the product may be sold.