CFBAI Category-Specific Uniform Nutrition Criteria, 2nd ed.*

Product Category	Unit	Nutrients to Limit				Nutrition Components to Encourage	Notes
		Calories	Sat Fat	Sodium	Added Sugars		
1. Juices	LSS (max 8 oz)	—	0 g	≤ 105 mg	No added sugars or added caloric or non-caloric sweeteners	≤ 6 oz maximum 100% F/V juice	• A serving must contain 100% F/V juice or F/V juice blends OR 100% F/V juice diluted with water only, no added caloric or non-caloric sweeteners; with or without carbonation • A serving must contain no more than 6 fl oz 100% juice • Sugars limited to those naturally occurring in F/V
2. Milks	8 fl oz	≤ 150	≤ 2 g	≤ 200 mg	≤ 10 g	1 c dairy and ≥ 10% DV calcium	• For LSS < 8 fl oz, NTL & NCTE to be proportionately lower
3. Yogurts and Yogurt-Type Products	6 oz	≤ 170	≤ 2 g	≤ 140 mg	≤ 18 g	≥ ½ c dairy and ≥ 10% DV calcium	• For LSS < 6 oz, NTL & NCTE to be proportionately lower
4. Cheese and Cheese Products	LSS	≤ 80	≤ 3 g	≤ 240 mg	≤ 2 g	≥ ½ c dairy equivalent and ≥ 10% DV calcium	• For LSS < 1 oz, NCTE to be scaled to ≥ ⅓ c dairy equivalent and ≥ 10% DV calcium
5. Cereals	LSS	≤ 200	≤ 1.5 g	≤ 230 mg	≤ 12 g	≥ ½ serving of WG or ≥ 10% DV of an under-consumed nutrient	• LSS based on increased RACC (40 g) • RTE cereals with 60 g RACC may contain ≤ 220 calories and must meet the NTL criteria (≤ 1.5 g sat fat, 0 g labeled *trans* fat, ≤ 290 mg sodium and ≤ 12g added sugars) and qualify based on WG contentor contain ≥ 10% DV of an under-consumed nutrient
6a. Savory Snacks	LSS	≤ 150	≤ 1.5 g	≤ 260 mg	≤ 4 g	≥ ½ serving or first ingredient a F/V/D/M/WG or ≥ 10% of an essential nutrient	• If the first ingredient is a nut, the item may contain ≤ 200 calories and ≤ 2.5 g sat fat • If the first ingredient is dairy (milk, yogurt, cheese), the item may contain ≤ 200 calories and ≤ 2 g sat fat
6b. Sweet Snacks	LSS	≤ 150	≤ 1.5 g	≤ 200 mg	≤ 9 g	≥ ½ serving or first ingredient a F/V/D/M/WG or ≥ 10% DV of an under-consumed nutrient	• If the first ingredient is a nut, the item may contain ≤ 200 calories and ≤ 2.5 g sat fat • If the first ingredient is dairy (milk, yogurt, cheese), the item may contain ≤ 200 calories and ≤ 2 g sat fat
7. Waffles and Pancakes	LSS	≤ 200	≤ 2 g	≤ 360 mg	≤ 10 g	≥ ½ serving WG or ≥ 10% DV of an under-consumed nutrient	

* Last updated January 1, 2025.

Product Category	Unit	Nutrients to Limit				Nutrition Components to Encourage	Notes
		Calories	Sat Fat	Sodium	Added Sugars		
8. Breads	LSS	≤ 150	≤ 1.5 g	≤ 250 mg	≤ 4 g	≥ ½ serving WG or ≥ 10% DV of an under-consumed nutrient	
9. Pastas (plain)	LSS	≤ 200	0 g	0 mg	No added sugars	≥ ½ serving WG or ≥ 10% DV of an under-consumed nutrient	
10. Fruits and Vegetables	LSS	—	No added fats	Very low sodium	No added sugars	≥ ½ serving of F/V	
11. Seeds, Nuts, and Nut Butters and Spreads	1 oz or 2 Tbsp	≤ 220	≤ 3.5 g	≤ 230 mg	≤ 4 g	≥ 1 oz meat equivalent	• For LSS < 1 oz or 2 Tbsp, NTL & NCTE to be scaled proportionately
12. Meat, Fish, and Poultry Products	LSS	≤ 120	≤ 2 g	≤ 280 mg	≤ 2 g	≥ 1 oz meat equivalent	• For LSS ≤ 1 oz, NTL to be proportionately lower
13. Soups and Meal Sauces	LSS	≤ 200	≤ 2 g	≤ 470 mg	≤ 4 g	≥ ½ serving a F/V/D/M/WG or ≥ 10% DV of an under-consumed nutrient	• Tomato-based products allowed to have 7 gadded sugars to balance pH
14. Mixed Dishes	LSS	≤ 280	≤ 2.5 g	≤ 515 mg	≤ 6 g	≥ ½ serving or first ingredient a F/V/D/M/WG and ≥ 10% DV of one under-consumed nutrient or ≥ 10% DV of two under-consumed nutrients	• Products include pasta mixes, casseroles, burritos, pizzas, & sandwiches that do not meet FDA/USDA definition for main dishes
15. Main Dishes and Entrées	LSS	≤ 350	≤ 10% kcal	≤ 570 mg	≤ 9 g	≥ 1 serving of F/V/D/M/WG and ≥ 10% DV of one under-consumed nutrient	• Items must meet FDA/USDA definition for main dishes • If the first ingredient is a nut, nut butter, or dairy (milk, yogurt, cheese) product, the item may contain up to 15% kcal sat fat of these ingredients reflecting their higher intrinsic sat fat levels
16. Small Meals	LSS	≤ 450	≤ 10% kcal	≤ 570 mg	≤ 13 g	≥ 1½ servings of F/V/D/M/WG and ≥ 10% DV of one under-consumed nutrient or ≥ 1 serving of F/V/D/M/WG and ≥ 10% DV of two under-consumed nutrients	• Small meals contain multiple items but do not meet FDA/USDA definition for meals • If the first ingredient is a nut, nut butter, ordairy (milk, yogurt, cheese) product, the item may contain up to 15% kcal sat fat of these ingredients reflecting their higher intrinsic sat fat levels
17. Meals (entrée and other items including a beverage)	Meal	≤ 600	≤ 10% kcal	≤ 700 mg	≤ 15 g	≥ 2 servings of F/V/D/M/WG and ≥ 10% DV of one under-consumed nutrient	• Meals must meet FDA/USDA definition for meals

Definitions and Notes

DV: Daily Value.

Essential Nutrients: Those occurring naturally in foods (or that are added to foods to meet standards of identity or to restore nutrients lost in processing), and for which a DV has been established.

Exemptions:

- Sugar-free mints, gum and gelatin.
- Beverages, including bottled waters that meet FDA regulations for "low calorie," "very low sodium," and contain ≤ 5 g added sugars per LSS (does not include diet sodas).

Food with NFP dual-labeling:

- For products that are packaged and sold as a single serving, contain more than 150% but less than 200% of the RACC, and provide dual columns on the NFP, the NTL and NCTE criteria may be basedon the common household measure that most closely approximates the RACC. See, 21 C.F.R. § 101.9(b)(6).
- For products that are packaged as an individual unit in a multi-serve pack, weigh 50% or less of the reference amount, and provide dual columns on the NFP (per serving and per individually wrapped unit), the NTL and NCTE criteria may be based on the nutritional information per individually wrapped unit. See, 21 C.F.R. § 101.9 (b)(2)(i)(A) and 21 C.F.R. § 101.9 (b)(10)(ii).

F/V/D/M/WG: Any combination of fruits, vegetables, non/low-fat dairy, meat or meat alternate, and/or whole grains. USDA Food Group Serving Equivalents for F/V/D/M are noted in the Table below. To provide a ½ serving of whole-grain (WG), a food must provide ≥ 8 grams of whole grains and meet at least one of the following: 1) First ingredient a whole grain, or 2) ≥ 50% whole grains by weight of product; or 3) 50% whole grains by weight of grains. Foods that have F/V/D/M/WG as the first ingredient after water also qualify.

LSS: Labeled serving size.

RACC: Reference amount customarily consumed.

Serving(s): See USDA Food Group Serving Equivalents Table.

Under-consumed nutrients: Certain nutrients are considered "under-consumed" because they are consumed in amounts below the Estimated Average Requirement or Adequate Intake levels . Under-consumed nutrients, as identified in the 2020 Dietary Guidelines Advisory Committee Report and/or as required by FDA to be declared on the NFP, are calcium, choline, fiber, iron, magnesium, potassium, and Vitamins A, C, D, E and K (DGAC Report, Part D, Chapter 1 page 68 and FDA, Food Labeling: Revision of the Nutrition and Supplement Facts Label, 81 FR 33742, 33884 (2016)).

USDA Food Group Serving Equivalents: (*See* Table below). Meat/meat alternate aligns with the USDA Food Group Serving Equivalents that CFBAI currently uses to measure food groups and the USDA meal planning requirements for the federal school lunch and breakfast programs. Meat/meat alternate includes meat, poultry, seafood, eggs, legumes (beans and peas), soy products, and nuts and seeds. One oz-eq is 1 ounce of meat, poultry, or seafood; 1 egg; ¼-cup of cooked beans or tofu; 2 Tbsp peanut butter; or 1 ounce of nuts or seeds.

Yogurt-type products: Includes products that contain cultured dairy-based yogurt in liquid form, such as yogurt-based smoothies.

Whole grains: Grains and grain products made from the entire grain seed, usually called the kernel, which consists of the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, it must retain the same relative proportions of bran, germ, and endosperm as the original grain in order to be called whole grain. Many, but not all, whole grains are also sources of dietary fiber (Scientific Report of the 2020 Dietary Guidelines Advisory Committee, Appendix F-1: Glossary, Page 12).

USDA Food Group Serving Equivalents Table

Food Group Component	1 Serving	One-half Serving
Fruits and vegetables	½ cup	¼ cup
Fruit and vegetable juices	½ cup (4 fl oz)	¼ cup (2 fl oz)
Dried fruit	¼ cup	⅛ cup
Milks	1 cup (8 fl oz)	½ cup (4 fl oz)
Yogurt	8 oz	4 oz
Cheese, natural	1.5 oz	0.75 oz
Cheese, processed	2.0 oz	1.0 oz
Meat/meat alternate	1 oz-eq	½ oz eq
Whole grains	*See* Definitions and Notes for definition of Whole Grains	