

# Smoothies as Smart Snacks

## What's in your smoothie?

### A. A combination of only water, 100% fruit and/or vegetable juice, low-fat unflavored milk, fat-free flavored or unflavored milk, and/or ice

- If yes:
  - Evaluate as a beverage.
    - Offer in an age-appropriate serving size:
    - Elementary School: ≤8 fluid ounces
    - Middle and High School: ≤12 fluid ounces
- If no (the smoothie includes other types of beverages or sweeteners):
  - Does each serving have ≤5 calories per fluid ounce?
    - The calories from allowable beverages (100% juice, low-fat unflavored milk, fat-free flavored or unflavored milk) do **not** count towards the calorie limit in smoothies. Evaluate the calories of non-allowable beverages (e.g., added sweeteners) only.
  - If yes:
    - Evaluate as a low calorie beverage
      - Allowed at high school only
      - ≤5 calories per fluid ounce
      - ≤12 fluid ounces per serving
  - If no:
    - Not allowable to be served as a beverage

### B. A combination of foods (e.g., fruit, yogurt, peanut butter, oats) and beverages (e.g., juice, milk, water)

Does your smoothie have a fruit, vegetable, dairy product, or meat alternate as the first ingredient?  
or

Is your smoothie a combination food with at least 1/4 cup of fruit and/or vegetable?

- If yes:
  - Does the smoothie contain a meat alternate?
    - If yes:
      - Evaluate as a food, following the nutrient standards for an entrée.
    - If no:
      - Evaluate as a food, following the nutrient standards for a snack/side.
- If no:
  - Not allowable to be served as a food

#### Example:

You would like to sell a smoothie that is made of yogurt, strawberries, and orange juice. The smoothie contains a combination of foods and beverages, and strawberries are the first ingredient (the heaviest ingredient by weight). Since the smoothie contains a meat alternate (yogurt), evaluate it as a food. Your smoothie must meet the nutrient standards for an entrée: ≤350 calories, ≤35% of calories from fat, <10% of calories from saturated fat, ≤480 mg sodium, and ≤35% of weight from sugar.