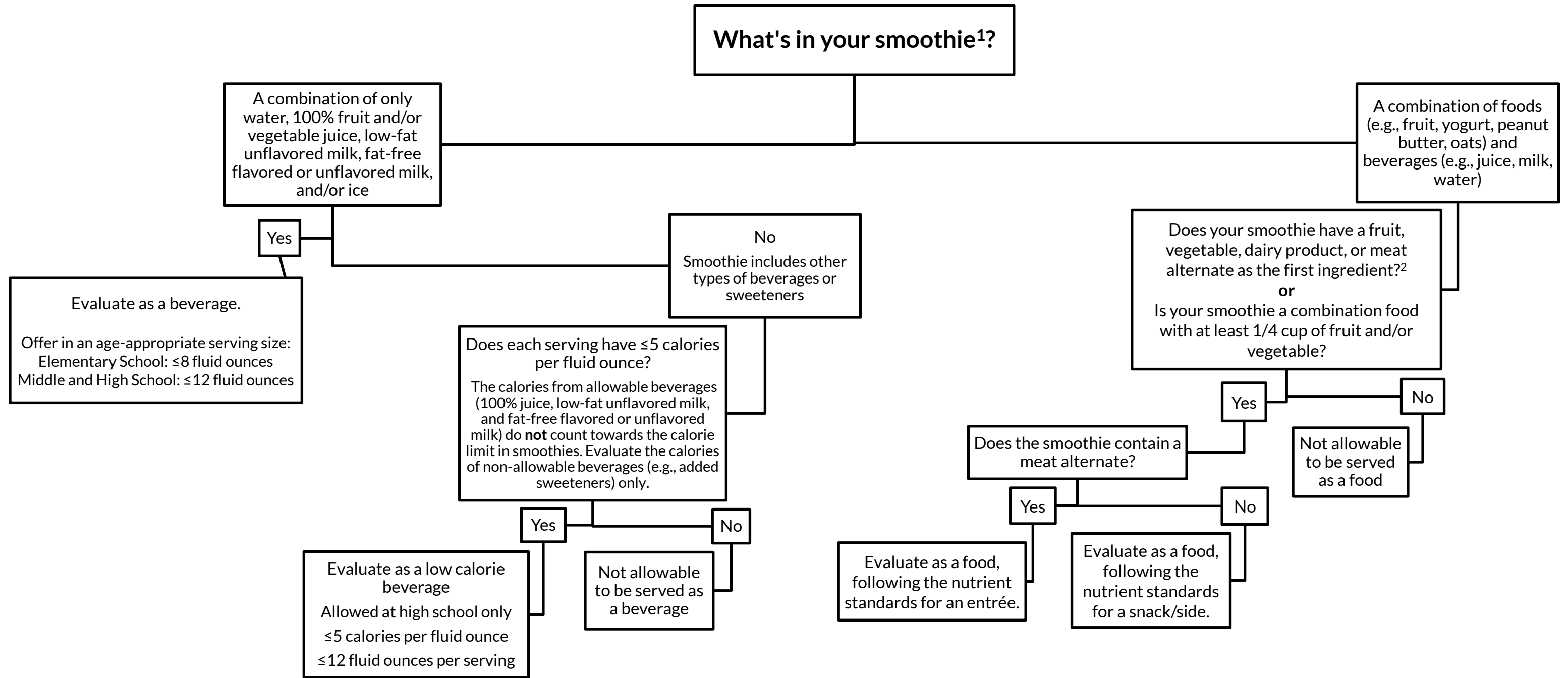


Smoothies as Smart Snacks



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.

¹Smoothies offered as entrees in the National School Lunch Program (NSLP) or School Breakfast Program (SBP) are exempt from all standards on the day of and day after meal service.

²The first ingredient is the ingredient present in the product in the largest quantity by weight.