

Foods are evaluated for compliance with the Connecticut Nutrition Standards (CNS) based on the amount as **served** including any **added accompaniments** such as butter, margarine, oil, salad dressings and sauces, e.g., brown rice with duck sauce, whole grain-rich pasta cooked with oil or margarine and whole-grain pasta with marinara sauce. The Connecticut State Department of Education (CSDE) encourages schools to review the nutrient content of allowable products, and select the most nutrient-rich products that also meet the "Better Choice" recommendations (see green and white columns on right). **The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.**

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product's nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/SubmitProduct.pdf>).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/VendorContact.pdf>).

NOTE: The approval below is only for the **grain product as listed**. If the grain product is sold a la carte combined with any other ingredients such as margarine, oil or cheese, the nutrition information for those ingredients must be added to the nutrition information for the grain to determine if the complete item as sold still complies with the CNS.

COOKED GRAINS, such as brown rice, whole grain-rich pasta, whole-grain barley and whole-grain quinoa

COOKED GRAINS

General Standards	Nutrient Standards												
1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	≤35% of total calories	<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		<15 g	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine		

BETTER CHOICE RECOMMENDATIONS
Choose products that meet all recommendations.

Manufacturer	Food Item	Package or Serving Size	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
American Italian Pasta Company	Heartland 100% Whole Grain Elbows, 2 oz uncooked	2 oz	WGR	190	1.5	7.1%	0	0.0%	0	yes	0	5	2	yes	yes	yes	Key Impact Sales & Systems	Code 611443; UPC 000-47325-90761-4	9/25/14	X	X	X	X
American Italian Pasta Company	Heartland 100% Whole Grain Rotini, 2 oz uncooked	2 oz	WGR	190	1.5	7.1%	0	0.0%	0	yes	0	5	2	yes	yes	yes	Key Impact Sales & Systems	Code 611441; UPC 000-47325-90282-4	9/25/14	X	X	X	X
American Italian Pasta Company	Heartland 100% Whole Grain Spaghetti, 2 oz uncooked	2 oz	WGR	190	1.5	7.1%	0	0.0%	0	yes	0	5	2	yes	yes	yes	Key Impact Sales & Systems	Code 611442; UPC 000-47325-90275-6	9/25/14	X	X	X	X
American Italian Pasta Company	Heartland 100% Whole Penne, 2 oz uncooked	2 oz	WGR	190	1.5	7.1%	0	0.0%	0	yes	0	5	2	yes	yes	yes	Key Impact Sales & Systems	Code 611444; UPC 000-47325-90276-3	9/25/14	X	X	X	X

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1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)			≤200 calories		≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		<15 g	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine					No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
Manufacturer	Food Item	Package or Serving Size	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review				
Barilla America, Inc.	Barilla Whole Grain Elbows 2 oz uncooked	2 oz	WGR	200	1.5	6.8%	0	0.0%	0	yes	10	6	2	yes	yes	yes	HPC, Thurston, US Foods	10000-11150; Case UPC 100-76808-00384-7	5/30/14	X	X	X	
Barilla America, Inc.	Barilla Whole Grain Penne, 2 oz uncooked	2 oz	WGR	200	1.5	6.8%	0	0.0%	0	yes	10	6	2	yes	yes	yes	HPC, Thurston, US Foods	10000-11147; Case UPC 100-76808-00381-6	5/30/14	X	X	X	
Barilla America, Inc.	Barilla Whole Grain Rotini, 2 oz uncooked	2 oz	WGR	200	1.5	6.8%	0	0.0%	0	yes	10	6	2	yes	yes	yes	HPC, Thurston, US Foods	10000-11149; Case UPC 100-76808-003830-6	5/30/14	X	X	X	
Barilla America, Inc.	Barilla Whole Grain Spaghetti, 2 oz uncooked	2 oz	WGR	200	1.5	6.8%	0	0.0%	0	yes	10	6	2	yes	yes	yes	HPC, Thurston, US Foods	10000-11148; Case UPC 100-76808-00382-3	5/30/14	X	X	X	
Marzetti Company	Whole Wheat Rotini, 5 oz	5 oz	WGR	200	1.5	6.8%	0	0.0%	0	yes	20	7	2	yes	yes	yes	Thurston	Item 41308 31070; Case UPC 100-41308-31070-2	2/24/16	X	X	X	X
Marzetti Company	Whole Wheat/Whole Grain Spaghetti, Trayed Nest, 3 oz	3 oz	WGR	110	1.0	8.2%	0	0.0%	0	yes	15	4	1	yes	yes	yes	Thurston	Item 41308 31080; Case UPC 100-41308-31080-1	2/24/16	X	X	X	X