

**Complying with Healthy Food Certification (HFC)**  
**Module 3 Worksheet: Food Group General Standard**



The food group general standard is one of the three general standards of the Connecticut Nutrition Standards (CNS). A food that is not whole grain-rich (WGR) meets this standard if the first ingredient is a fruit, vegetable, dairy, or protein food (e.g., meat, beans, poultry, seafood, eggs, nuts, and seeds). Indicate if each food item below meets the CNS food group general standard.

Food item	Meets food group general standard?	Why or why not?
<p><b>Product 1: Baked Potato Chips</b>            Ingredients: Dried potatoes, corn starch, sugar, corn oil, salt, soy lecithin and dextrose</p>	<p><input checked="" type="checkbox"/> Yes: <u>Vegetables</u> *  <input type="checkbox"/> No</p> <p>* To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient is dried potatoes, which meets the vegetables food group general standard.</p>
<p><b>Product 2: Strawberry Greek Yogurt</b>            Ingredients: Cultured grade A nonfat milk, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid. Contains active yogurt cultures</p>	<p><input checked="" type="checkbox"/> Yes: <u>Dairy</u> *  <input type="checkbox"/> No</p> <p>* To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient is nonfat milk, which meets the dairy food group general standard.</p>

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<p><b>Product 3: Chocolate Pudding</b>            Ingredients: Low-fat milk (vitamin A and D), sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate</p>	<p><input checked="" type="checkbox"/> Yes: <u>Dairy</u> *  <input type="checkbox"/> No</p> <p>* To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient is low-fat milk, which meets the dairy food group general standard.</p>
<p><b>Product 4: Part-skim Mozzarella Cheese Stick</b>            Ingredients: Pasteurized part-skim milk, cheese cultures, salt, enzymes, vitamin A palmitate</p>	<p><input checked="" type="checkbox"/> Yes: <u>Dairy</u> *  <input type="checkbox"/> No</p> <p>* To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient is skim milk, which meets the dairy food group general standard.</p>
<p><b>Product 5: Frozen Tangerine Fruit Pop</b>            Ingredients: Filtered water, tangerine puree (tangerines, orange pulp), organic cane sugar</p>	<p><input checked="" type="checkbox"/> Yes: <u>Fruits</u> *  <input type="checkbox"/> No</p> <p>* To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient after water is tangerine puree, which meet the fruits food group general standard. Remember that the first ingredient can be water if the second ingredient belong to a food group.</p>
<p><b>Product 6: Apple Fruit Leather</b>            Ingredients: Apple puree concentrate, natural apple flavor, lemon juice concentrate</p>	<p><input type="checkbox"/> Yes: _____  <input checked="" type="checkbox"/> No</p>	<p>The first ingredient is apple puree concentrate. Remember that puree concentrate is added sugar and does not count as the fruit group.</p>
<p><b>Product 7: Strawberry Italian Ice</b>            Ingredients: Micron filtered water, sugar, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)</p>	<p><input type="checkbox"/> Yes: _____  <input checked="" type="checkbox"/> No</p>	<p>The first ingredient after water is sugar. This product does not contain any of the food groups.</p>

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<p><b>Product 8: Ice Cream Fudge Bar</b>            Ingredients: Nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate</p>	<p><input checked="" type="checkbox"/> Yes: <u>Dairy</u> *</p> <p><input type="checkbox"/> No</p> <p>* To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient is nonfat milk, which meets the dairy food group general standard.</p>
<p><b>Product 9: Vanilla Ice Cream Sandwich</b>            Ingredients: <b>Frozen dairy dessert:</b> Nonfat milk and milkfat, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono &amp; diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. <b>Wafers:</b> Bleached wheat flour, sugar, soybean &amp; palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, modified corn starch, salt, baking soda, soy lecithin, artificial chocolate flavor</p>	<p><input type="checkbox"/> Yes: _____</p> <p><input checked="" type="checkbox"/> No</p>	<p>This product contains a frozen dessert portion and a wafer portion. While the frozen dessert portion contains nonfat milk as the first ingredient, which meets the dairy food group general standard, the wafer portion is not WGR. The wafer portion contains bleached wheat flour as the first ingredient, which is a noncreditable grain. Remember that if the product contains a separate grain portion, it must meet the WGR general standard.</p>

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The Connecticut State Department of Education's (CSDE) *Complying with Healthy Food Certification* training program consists of six recorded modules that provide guidance on how to meet the HFC requirements under Section 10-215f of the Connecticut General Statutes and the related state laws for competitive foods in schools. This training program is intended for the district's HFC contact person and individuals who coordinate sales of competitive foods to students on school premises. To access the training modules, visit the "[Related Resources](#)" section of the CSDE's HFC webpage.

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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