




**Complying with Healthy Food Certification (HFC)**

**Module 3: Connecticut Nutrition Standards (CNS)**



Connecticut State Department of Education  
Bureau of Child Nutrition Programs

Revised March 2026

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**Complying with HFC Training Modules**

- Module 1 Introduction to Training Modules and HFC
- Module 2 HFC Requirements
- Module 3 Connecticut Nutrition Standards (CNS)
- Module 4 Evaluating Foods for CNS Compliance
- Module 5 Laws for Foods and Beverages in HFC Schools
- Module 6 Fundraisers

<https://portal.ct.gov/sde/nutrition/healthy-food-certification/hfc-training-program>

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**Topics**

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**Module 3 Topics**

- Overview of CNS
- CNS food categories
- CNS general standards
- CNS nutrient requirements
- Portion size considerations
- Prohibited ingredients
- Resources



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**Key Messages About CNS**

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**Overview of Key Messages**

- Must meet at least one general standard and all nutrition standards
- Applies to amount served including accompaniments
- Entree category includes entrees only sold la carte



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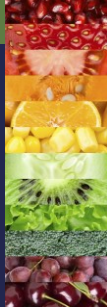
## Overview of CNS

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## CNS Overview

- Developed by CSDE in July 2006
- Based on current nutrition science and national health recommendations
- Promotes healthier choices for students in schools
- Meets or exceeds USDA's Smart Snacks nutrition standards
- Required for Healthy Food Certification (HFC) schools



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## CNS Applies To

- All foods available for sale to students separately from reimbursable meals from all sources on school premises \*
- All foods served in USDA's Afterschool Snack Program (ASP) \*

\* Commercial products and foods made from scratch



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## Six CNS Categories

1. Snacks
2. Entrees sold only a la carte
3. Non-entree combination foods
4. Cooked grains
5. Soups
6. Fruits and vegetables



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## CNS Requirements


<p><b>Nutrient Limits *</b></p> <ul style="list-style-type: none"> <li>• Calories</li> <li>• Total fat</li> <li>• Saturated fat</li> <li>• Sodium</li> <li>• Total sugars</li> </ul> <p style="font-size: small;">* Some exemptions for specific nutrient-rich foods</p>	<p><b>Prohibited Ingredients</b></p> <ul style="list-style-type: none"> <li>• Nonnutritive sweeteners and sugar alcohols</li> <li>• Chemically altered fat substitutes</li> <li>• Caffeine</li> <li>• Significant fortification</li> <li>• Nutrition supplements</li> </ul>
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## To Comply with CNS, Food Must Meet

<p><b>1. General Standards</b></p> <ul style="list-style-type: none"> <li>• At least one</li> </ul>	<p><b>2. Nutrient Standards</b></p> <p>Serving with any accompaniments must meet all nutrient standards for CNS category</p> <ul style="list-style-type: none"> <li>• Nutrient limits</li> <li>• Prohibited ingredients</li> </ul>
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### Must Ensure Commercial Products Comply with CNS

- Use CSDE's List of Acceptable Foods and Beverages Webpage



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### CSDE Webpage

#### List of Acceptable Foods and Beverages Webpage



<https://portal.ct.gov/sde/nutrition/list-of-acceptable-foods-and-beverages>

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### Must Ensure all Foods Comply with CNS

#### Commercial Products

- Use CSDE's List of Acceptable Foods and Beverages Webpage

#### Foods Made from Scratch

- Evaluate nutrition information per serving of standardized recipe with its accompaniments

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### CNS Food Category 1: Snacks



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### Category 1: Snacks

- Includes most competitive foods sold in schools



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### Examples of Food in Category 1: Snacks

- Bakery items
- Cookies, cereal bars, granola bars
- Chips, popcorn, puffed snacks, and rice cakes
- Crackers, hard pretzels, and pita chips
- Breakfast cereals
- Ice cream
- Cheese, pudding, yogurt
- Snack mix and trail mix
- Meat snacks, e.g., jerky
- Nuts, seeds, and nut/seed butters
- Smoothies

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### CNS Food Category 2: Entrees Sold Only A La Carte

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### Category 2: Entrees Sold Only A La Carte

- Includes entrees that are not sold as part of reimbursable meals



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### CNS Entree Standards Apply Only To

- Entree items sold **only a la carte** (not part of reimbursable meals)



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### CNS Entree Standards Do Not Apply To

- Entree items sold a la carte that meet four criteria
  - Entree Exemption

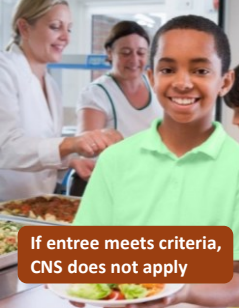


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### Entree Exemption Criteria

- Sold a la carte during meal service on same day it is planned/served as part of reimbursable meals
- Same or smaller portion size as NSLP/SBP
- Same accompaniments as NSLP/SBP
- No nonnutritive sweeteners, sugar alcohols, or chemically altered fat substitutes



If entree meets criteria, CNS does not apply

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### Entree Exemptions Not Allowed for

- Any other foods in reimbursable meals that are also sold a la carte, e.g., fruits, vegetables, soups, breads, rice, and pasta




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### Examples of Non-entrees (Not Exempt from CNS)

- French fries cannot be sold a la carte unless meets CNS for fruits/vegetables category
- Muffins cannot be sold a la carte unless meet CNS for snacks category



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### Non-exempt Entrees


- Cannot be sold a la carte unless meet three criteria
  1. CNS entree definition
  2. At least one general standard
    - Entrees that contain grains must also meet WGR standard
  3. All CNS nutrition standards for entree category



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### CNS Entree Definition (Three Categories)



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### Entree Definition Category 1

- **Combination Food**  
Meat/meat alternate (MMA)  
and WGR food




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### Combination Foods

- Contain at least 2 meal components representing the recommended food groups
  - Fruits
  - Vegetables
  - Dairy
  - Protein
  - Grains

**Terms to Know**




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### Examples of Entrees for Category 1

- **Combination Food**  
Meat/meat alternate (MMA) and WGR food
  - Pizza
  - Macaroni and cheese




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### Entree Definition Category 2

- Combination Food  
 MMA and vegetable or fruit (VF)
  - Beef or chicken vegetable stir-fry
  - Baked potato with chili
  - Chef's salad with egg, ham, and cheese

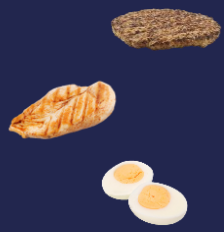


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### Entree Definition Category 3

- MMA alone
  - Grilled chicken
  - Hard-boiled eggs
  - Hamburger patty
  - Sausage patty



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### MMA Alone Does Not Include Foods in Snacks Category

- Yogurt
- Cheese
- Nuts and seeds
- Nuts and seed butters
- Meat snacks, e.g., jerky




**Must meet CNS for Snacks category**

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### CNS Entree Definition is Different from NSLP/SBP

- Foods defined by menu planner as entrees for NSLP/SBP might not meet CNS entree definition




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### Example of Menu Items Planned as "Entrees" That Do Not Meet CNS Entree Definition

- Menu planner plans french toast and pancakes as entrees for reimbursable breakfasts
- These foods do not meet CNS entree definition (no MMA)
- Must evaluate as baked items in CNS snacks category




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### Knowledge Check: Entree Definition

- Indicate if each food item meets CNS entree definition
- Reminder: This is only the first step
  - Entree must also meet general standard and all nutrient standards



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**Cheese pizza with WGR crust**

Cheese = MMA  
 Pizza crust = WGR food

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree



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**Low-fat cheese stick**

Not a main dish  
 CNS category = Snacks

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree



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**WGR Pancakes**

Not a main dish  
 CNS category = Snacks

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree



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**Three-bean Vegetarian Chili**

Beans = MMA  
 Tomato sauce = VF

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree



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**CN-labeled Vegetable Egg Rolls (Whole-grain Wrapper)**

Not a main dish  
 CNS category = Non-entree combination foods

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree



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**Breaded Chicken Breast on Enriched Bun**

Grain portion is not WGR

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree



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**Chicken Nuggets with Whole-grain Breading**

Chicken = MMA  
Breading = WGR food

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree



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**Low-fat Yogurt**

Not a main dish  
CNS category = Snacks

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree



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**Yogurt and Fruit Parfait**

Yogurt = MMA  
Fruit = VF

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree



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**Nuts and Seeds**

Not a main dish  
CNS category = Snacks

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree




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**CSDE Resource**

Requirements for Cafeteria Entrees Sold A La Carte in Schools Participating in Healthy Food Certification



[https://portal.ct.gov/-/media/sde/nutrition/hfc/cafeteria\\_entrees\\_requirements\\_hfc.pdf](https://portal.ct.gov/-/media/sde/nutrition/hfc/cafeteria_entrees_requirements_hfc.pdf)

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**CNS Food Category 3: Non-entree Combination Foods**




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**Category 3: Non-entree Combination Foods**

- Nutrient-rich combination foods that do not meet entree definition
  - Not a main dish
  - Do not provide minimum serving of
    - MMA and grains
    - MMA alone



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**CNS Food Category 4: Cooked Grains**



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**Category 4: Cooked Grains**

- Rice
- Pasta
- Cereals grains, e.g., millet, quinoa, wheat berries, and rolled wheat

**Does not include cooked breakfast cereals**



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**CNS Food Category 5: Soups**



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**Category 5: Soups**

- Commercial
  - Ready-to-serve
  - Canned
  - Frozen
  - Rehydrated
- Made from Scratch



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**CNS Food Category 6: Fruits and Vegetables**



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### Category 6: Fruits and Vegetables

- Fresh
- Frozen
- Canned
- Dried
  - Include fruit snacks that are 100% fruit



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### Some Fruits/Vegetables are Exempt from All Standards

1. **Fresh and frozen**
  - No added ingredients except water
2. **Low sodium or no salt added canned vegetables**
  - No added fat, nonnutritive sweeteners, or sugar alcohols
3. **Canned fruits**
  - No added ingredients except water OR packed in 100 percent juice, extra light syrup, or light syrup
  - No nonnutritive sweeteners
  - No sugar alcohols
  - No added fat

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### ☑ CNS Food Categories




1. Snacks
2. Entrees sold only a la carte
3. Non-entree combination foods
4. Cooked grains
5. Soups
6. Fruits and vegetables

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### CNS General Standards




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### Three General Standards

Must meet at least one

1. Whole grain-rich (WGR)
2. Contains food group as first ingredient
3. Combination food that contains at least ¼ cup of fruit/vegetable per serving




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### General Standard 1: WGR

- Same as school meals
- Different WGR criteria for different types of grains
  - Based on USDA's Exhibit A: Grain Requirements for Child Nutrition Programs
  - Refer to CSDE's Grain Ounce Equivalents Chart for the School Nutrition Programs



[https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/grain\\_oz\\_eq\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/grain_oz_eq_snp.pdf)

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### WGR Criteria for Groups A-G: Baked Goods

**Examples**

- Breads and bread products
- Snack products
- Grain-based desserts

1. 100% whole grain or contains blend of whole and enriched grains that is at least 50% whole grain
2. Noncreditable grains cannot exceed 3.99 grams per portion



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### WGR Criteria for Groups Group H: Cereal Grains

**Examples**

- Cooked breakfast cereals
- Rice
- Pasta
- Cereal grains

1. 100% whole grain or contains blend of whole and enriched grains that is at least 50% whole grain
2. Noncreditable grains cannot exceed 6.99 grams per portion



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### WGR Criteria for Group I: Ready-to-eat (RTE) Breakfast Cereals

**Examples**

- Puffed cereals
- Flaked cereals
- Granola

1. First ingredient is whole grain and cereal is fortified or cereal is 100 percent whole grain
2. Noncreditable grains cannot exceed 6.99 grams per portion

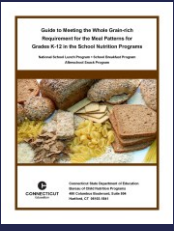


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### CSDE Resource

Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs



[https://portal.ct.gov/-/media/sde/nutrition/nsfp/crediting/wgr\\_requirement\\_snp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsfp/crediting/wgr_requirement_snp_grades_k-12.pdf)

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### General Standard 2: Food Group is First Ingredient

- If food is not WGR, first ingredient must be food group
  - Fruits
  - Vegetables
  - Dairy
  - Protein
- If water is first ingredient, second ingredient is food group



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### Meeting General Standard 2 for Products Containing Grains

- Grain portion must be WGR

**Examples**

- Ice cream cone
- Wafer in ice cream sandwich
- Egg roll



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### Meeting General Standard 2 for Soy Products

- If soy product is first ingredient, meets protein food group general standard

**Examples**

- Tofu
- Soy protein concentrate
- Textured vegetable protein (TVP)



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### Meeting General Standard 2: Food Group is First Ingredient

- If first ingredient is dried or dehydrated vegetable or vegetable puree, meets vegetable food group general standard

**Examples**

- Potato flakes
- Dried potatoes
- Pureed carrots



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### Meeting General Standard 2 for Dried or Pureed Fruits

- If first ingredient is dried or dehydrated fruit or fruit puree, meets fruit food group general standard

**Examples**

- Dried cherries
- Dehydrated apples
- Dates
- Raisins
- Pureed apples




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### Dehydrated or Concentrated Juice or Puree

- = added sugar
- Does not meet food group general standard



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### Check First Ingredient

<p><b>Meets Fruit Food Group General Standard</b></p> <ul style="list-style-type: none"> <li>Fruit puree</li> </ul>	<p><b>Does Not Meet Fruit Food Group General Standard</b></p> <ul style="list-style-type: none"> <li>Fruit puree concentrate</li> <li>Juice from concentrates</li> </ul>
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### Product 1: Fruit Snacks

**Ingredients:** Juice from concentrates (grape, pear, peach and pineapple), corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnuaba wax, red 40, yellow 5 and blue 1

**Meets fruits group general standard?**  
 Yes  No

**Juice from concentrates = added sugar**

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**Product 2: All Natural Fruit Strips**

Ingredients: **Apple puree concentrate**, pear puree concentrate, strawberry puree concentrate, natural strawberry flavor, lemon juice concentrate

Meets fruits group general standard?  
 Yes  No

**Puree concentrates = added sugar**

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**Product 3: Squeezable Fruit**

Ingredients: **Organic fruit purees (apple, banana, strawberry)**, citric acid

Meets fruits group general standard?  
 Yes  No

**\* To comply with CNS, product must also meet all CNS nutrition standards**

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**Product 4: Squeezable Fruit**

Ingredients: **Apples**, strawberries, apple juice concentrate, blackberry puree concentrate, natural flavor, red raspberry juice concentrate, and ascorbic acid (vitamin C)

Meets fruits group general standard?  
 Yes  No

**\* To comply with CNS, product must also meet all CNS nutrition standards**

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**Knowledge Check: Food Group General Standards**

- Indicate if each food item meets a food group general standard
- This is step 1
  - Must also meet all nutrient standards



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**Product 1: Baked Potato Chips**

Ingredients: **Dried potatoes**, corn starch, sugar, corn oil, salt, soy lecithin and dextrose

Meets food group general standard?  
 Yes: **Vegetables** \*  
 No

**\* To comply with CNS, product must also meet all CNS nutrition standards**

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**Product 2: Strawberry Greek Yogurt**

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

Meets food group general standard?  
 Yes: **Dairy** \*  
 No

**\* To comply with CNS, product must also meet all CNS nutrition standards**

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**Product 3: Chocolate Pudding**

Ingredients: **Low-fat milk (vitamin A and D)**, sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate

Meets food group general standard?  
 Yes: **Dairy** \*  
 No

\* To comply with CNS, product must also meet all CNS nutrition standards

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**Product 4: Part-skim Mozzarella Cheese Stick**

Ingredients: **Pasteurized part-skim milk**, cheese cultures, salt, enzymes, vitamin A palmitate

Meets food group general standard?  
 Yes: **Dairy** \*  
 No

\* To comply with CNS, product must also meet all CNS nutrition standards

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**Product 5: Frozen Tangerine Fruit Pop**

Ingredients: **Filtered water, tangerine puree (tangerines, orange pulp)**, organic cane sugar

Meets food group general standard?  
 Yes: **Fruits** \*  
 No

\* To comply with CNS, product must also meet all CNS nutrition standards

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**Product 6: Apple Fruit Leather**

Ingredients: **Juice from concentrates (grape, pear, peach and pineapple)**, corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnauba wax, red 40, yellow 5 and blue 1

Meets food group general standard?  
 Yes: \_\_\_\_\_  
 No


**Juice from concentrate = added sugar**

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**Not All Fruit Snacks Comply**

- Review first ingredient
- Check CSDE's List of Acceptable Foods and Beverages webpage



<https://portal.ct.gov/sde/nutrition/list-of-acceptable-foods-and-beverages>

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**Product 7: Strawberry Italian Ice**

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)

Meets food group general standard?  
 Yes: \_\_\_\_\_  
 No

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**Product 8: Ice Cream Fudge Bar**

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

Meets food group general standard?  
 Yes: **Dairy** \*  
 No

\* To comply with CNS, product must also meet all CNS nutrition standards

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**Product 9: Vanilla Ice Cream Sandwich**

Ingredients: **FROZEN DAIRY DESSERT:** Nonfat milk and milkfat, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. **WAFERS:** Bleached wheat flour, sugar, soybean & 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

Meets food group general standard?  
 Yes: \_\_\_\_\_  
 No

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**General Standard 3: Combination Food with at Least ¼ Cup Fruit/Vegetable Per Serving**


- Grain portion must be WGR
- Many also meet CNS entree definition



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CNS General Standards



- Whole grain-rich (WGR)
- Contains food group as first ingredient
- Combination food that contains at least ¼ cup of fruit/vegetable per serving

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**Nutrient Standards**



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**CNS Nutrients**

- Calories
- Total fat
- Saturated fat
- Sodium
- Total sugars




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### Standards for Calories per Serving

- All foods except entrees:  
Cannot exceed 200 calories \*
- Entrees:  
Cannot exceed 350 calories \*
- \* Includes accompaniments

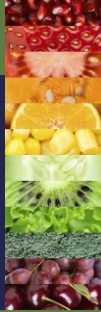


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### Standards for Total Fat and Saturated Fat per Serving

- Total fat:  
Cannot exceed 35% of calories \*
- Saturated fat:  
Less than 10% of calories \*
- \* Includes accompaniments




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### Four Foods Are Exempt from Total Fat and Saturated Fat Standards

- Low/reduced fat 100% natural cheese
- Nuts, seeds, nut/seed butters
- Products consisting of only dried fruits with nuts/seeds (no added sweeteners or fats)
- Whole eggs without added fat





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### Two Foods Exempt from Total Fat Standard Only

- Seafood without added fat
- Bean dips, e.g., hummus



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### Fat Exemptions Do Not Apply to Ingredients

<ul style="list-style-type: none"> <li>Reduced-fat cheese crackers</li> <li>Cheese sauce</li> <li>Cranberry walnut muffins</li> <li>Granola bars with nuts</li> <li>Trail mix with dried fruit and nuts</li> </ul>	<ul style="list-style-type: none"> <li>Sesame seed crackers</li> <li>Pecan cookies</li> <li>Peanut butter cookies</li> <li>Peanut butter crackers</li> <li>Quiche</li> </ul>
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**Must meet all CNS nutrient standards**

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### Standards for Sodium per Serving

- All foods except entrees:  
Cannot exceed 200 milligrams \*
- Entrees:  
Cannot exceed 480 milligrams \*
- \* Includes accompaniments



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Standards for Total Sugars per Serving
Cannot exceed 35 percent of total sugars by weight
Cannot exceed 15 grams of total sugars
No nonnutritive sweeteners or sugar alcohols
Includes accompaniments
Apply to all CNS food categories, except smoothies, yogurt, and pudding
Grams limit does not apply to fruits and vegetables category

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Sugars Standards for Smoothies
Cannot exceed 4 grams of total sugars per ounce
No nonnutritive sweeteners or sugar alcohols
Includes accompaniments
Portion size limit
Elementary: Cannot exceed 8 fluid ounces
Middle and high: Cannot exceed 12 fluid ounces

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Sugars Standards for Yogurt and Pudding
Cannot exceed 4 grams of total sugars per ounce
No nonnutritive sweeteners or sugar alcohols
Includes accompaniments

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Some Fruits/Vegetables Without Added Sweeteners or Fats are Exempt from Sugars Standards
Dried whole fruits or vegetables
Dried whole fruit or vegetable pieces
Dehydrated fruits or vegetables

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Some Fruits/Vegetables are Exempt from Sugars Standards
Products consisting of only dried fruits with nuts/seeds without added sweeteners or fats
Dried cranberries are not exempt
Frozen desserts containing only 100% juice/fruit without added sweeteners

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Nutrient Standards
Calories
Total fat
Saturated fat
Sodium
Total sugars

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## Portion Size Considerations

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## Two Considerations for Portion Size

1. Amount served
2. Accompaniments



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## CNS Applies to Amount Served

- CNS applies to entire amount of the serving or package
  - Cannot exceed 200 calories
  - Entrees cannot exceed 480 calories




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## Example of Amount Served

Nutrition Facts	
Serving Size	1 ounce (28g)
Servings per container	2
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Values	
Total Fat 4g	8%
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 16g	3%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	2%

- 120 calories x 2 servings = 240 calories
- Product does not comply with CNS



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## Accompaniments

- CNS applies to the serving with accompaniments
  - Bagel with cream cheese
  - French fries with ketchup
  - Pasta with butter




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## More Information About Accompaniments

- Module 4: Evaluating Foods for CNS Compliance



Complying with Healthy Food Certification (HFC)

Module 4: Evaluating Foods for CNS Compliance

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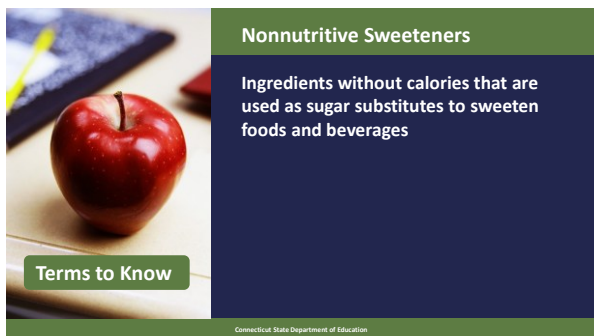
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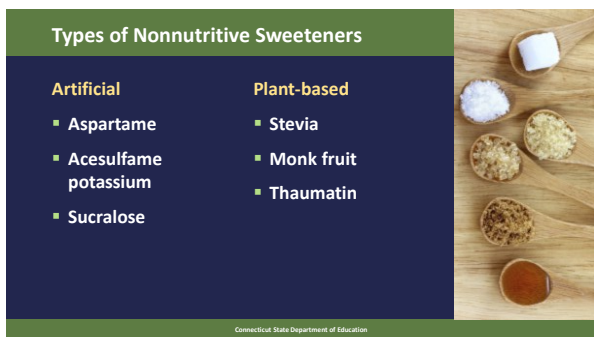
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### Example 1: Light Yogurt

Ingredients: Cultured grade A nonfat milk, water, strawberry, contains less than 1% of fructose, modified corn starch, natural and artificial flavors, carmine and black carrot juice concentrate (for color), sodium citrate, **SUCRALOSE**, potassium sorbate (to maintain freshness), malic acid, **ACESULFAME POTASSIUM**



Light or Lite

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### Example 2: Chewy Granola Bar

Ingredients: Granola (whole-grain rolled oats, brown sugar, crisp rice [rice flour, sugar, salt, malted barley extract], whole-grain rolled wheat, soybean oil, dried coconut, whole-wheat flour, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole-grain brown rice, sugar, malted barley flour, salt), invert sugar, sugar, corn syrup solids, glycerin, soybean oil, contains 2% or less of **SORBITOL**, calcium carbonate, salt, water, soy lecithin, molasses, natural and artificial flavor, citric acid



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### Example 3: Whole-wheat English Muffin

Ingredients: Whole-wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor, sodium stearoyl lactylate, mono- and diglycerides, ethoxylated mono- and diglycerides, **SUCRALOSE**, soy lecithin, soy, whey (milk)




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### Chemically Altered Fat Substitutes

Compounds made by chemically manipulating food products to mimic the texture and flavor of fat while providing fewer calories and less metabolizable fat




Terms to Know

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### Examples of Chemically Altered Fat Substitutes

- Olean<sup>®</sup>
- Simplesse<sup>®</sup>
- Not currently found in commercial foods but maintaining standard prevents future use



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### Foods and Beverages with Caffeine

#### Exceptions

- Foods with trace amounts of naturally occurring caffeine-related substances
  - Chocolate chip cookies
  - Coffee yogurt



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**Fortification**

The process of adding nutrients (usually vitamins or minerals) that were not originally present in a food or adding nutrients at levels that are higher than originally present

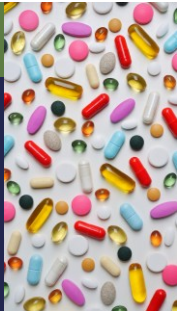
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**Foods and Beverages with Significant Fortification**

- Not allowed when contain nutrients at levels not based on **scientifically documented** health needs
- Does not apply to naturally nutrient-rich products




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**Examples of Nutrition Supplements**

- Amino acids, e.g., taurine, glutamine, lysine, and arginine
- Extracts, e.g., green tea extract and gotu kola extract
- Herbs or other botanicals, e.g., ginseng and ginkgo biloba



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**Verify Ingredients Statement**


- No nonnutritive sweeteners or sugar alcohols
- No chemically altered fat substitutes
- No caffeine
- No significant fortification
- No nutrition supplements



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**CNS**



- Food categories
- General standards
- Nutrient requirements
- Portion size considerations
- Prohibited ingredients

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**Resources**



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**CSDE Resource**

### Summary of Connecticut Nutrition Standards



[https://portal.ct.gov/-/media/sde/nutrition/hfc/cns/connecticut\\_nutrition\\_standards\\_summary.pdf](https://portal.ct.gov/-/media/sde/nutrition/hfc/cns/connecticut_nutrition_standards_summary.pdf)

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**CSDE Resource**

### Full Document: Connecticut Nutrition Standards for Foods in Schools



[https://portal.ct.gov/-/media/sde/nutrition/hfc/cns/connecticut\\_nutrition\\_standards\\_full\\_document.pdf](https://portal.ct.gov/-/media/sde/nutrition/hfc/cns/connecticut_nutrition_standards_full_document.pdf)

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**CSDE Webpage**

### Connecticut Nutrition Standards



<https://portal.ct.gov/sde/nutrition/connecticut-nutrition-standards>

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**CSDE Webpage**

### Healthy Food Certification



<https://portal.ct.gov/sde/nutrition/healthy-food-certification>

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**Questions?**



- Contact CSDE's HFC coordinator or school nutrition programs staff

<https://portal.ct.gov/sde/nutrition/healthy-food-certification/contact>  
<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countysassign.pdf>

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**Thank you for participating!**



<https://portal.ct.gov/sde/nutrition/healthy-food-certification/hfc-training-program>

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