

This list includes commercial smoothies that comply with the [Connecticut Nutrition Standards \(CNS\)](#). Foods are evaluated for compliance with the CNS based on the amount **as served** including any **added accompaniments** . **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 following the guidance in [Submitting Food and Beverage Products for Approval](#).

The CSDE's [List of Acceptable Foods and Beverages](#) webpage 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, refer to [Contact Information for Vendors](#).

**Note:** The approval below is only for the product exactly as listed. If the product is sold a la carte combined with any accompaniments, the nutrition information for the accompaniments must be added to the nutrition information for the product to determine if the serving still complies with the CNS (refer to the CSDE's [CNS worksheets](#)). This documentation must be maintained on file by the district and be available upon request for the CSDE's annual Healthy Food Certification (HFC) documentation review.

**SMOOTHIES**, made with low-fat yogurt and fruits/vegetables/ 100 percent juice

SMOOTHIES, made with low-fat yogurt and fruits/vegetables/ 100 percent juice			SNACKS																		Better Choice Recommendations Choose products that meet all recommendations		
			General Standards	Nutrient Standards																	No artificial flavors or colors	No high fructose corn syrup	
			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		≤4 g per ounce	No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	No chemically altered fat substitutes	No caffeine							
Manufacturer	Food item	Package or serving size	General Standard 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)	Grams per ounce	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date			
Barfresh Food Group, Inc.	Barfresh Mango Pineapple Yogurt Smoothie, 7.6 fl oz carton	7.6 fl oz	FG	125	0	0.0%	0.0	0.0%	0	yes	70	<1	20	2.6	yes	yes	yes	Thurston	Code TGPCY50; Case UPC (50 count) UPC 108-52333-00490-6	12/20/23	X	X	
Barfresh Food Group, Inc.	Barfresh Peach Yogurt Smoothie, 7.6 fl oz carton	7.6 fl oz	FG	130	0	0.0%	0.0	0.0%	0	yes	65	<1	20	2.6	yes	yes	yes	Thurston	Code TGMPY50; Case UPC (50 count) UPC 108-52333-00447-0	12/20/23	X	X	
Barfresh Food Group, Inc.	Barfresh Strawberry Banana Yogurt Smoothie, 7.6 fl oz carton	7.6 fl oz	FG	130	0	0.0%	0.0	0.0%	0	yes	70	<1	20	2.6	yes	yes	yes	Thurston	Code TGSBY50; Case UPC (50 count) UPC 108-52333-00489-0	12/20/23	X	X	