

This list includes commercial cooked grains (e.g., brown rice, whole grain-rich pasta, whole-grain barley, and whole-grain quinoa) that comply with the [Connecticut Nutrition Standards \(CNS\)](#). Foods are evaluated for compliance with 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 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 below. If the grain product is sold a la carte combined with any other ingredients or accompaniments (e.g., margarine,butter, oil, cheese, and sauce), the nutrition information for those ingredients/accompaniments must be added to the nutrition information for the grain 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..

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			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							
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)	% Sugars by weight	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
None																							