

List of Acceptable Foods and Beverages

List 15: Cooked Grains

List 15: Cooked Grains includes commercial products that meet the CNS cooked grains category, such as brown rice, whole grain-rich pasta, whole-grain barley, and whole-grain quinoa.

Note: The approval is for the product by itself, without any other foods or added accompaniments such as butter, oil, salt, cheese, and sauce. If the product is prepared or sold with other foods or accompaniments (such as pasta with butter and grated cheese), the selling entity must determine if the serving of the cooked grain with the other foods or added accompaniments still complies with the CNS. For more information, refer to “Commercially Prepared Foods” and “CNS Worksheets” in the “How To” section of the CSDE’s CNS webpage. Documentation of CNS compliance for foods with accompaniments must be maintained on file by the district and available upon request for the CSDE's annual Healthy Food Certification (HFC) documentation review.

																			Better Choice Recommendations			
Manufacturer	Food item description	Package or serving size (fluid ounces)	Weight (grams [g])	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤200	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤200 mg	Fiber (g)	Total sugars (g): ≤15 g	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	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																						