







Hawaii DOE Wellness Chart: Nutrition Guidelines (NG)

 <p>Midnight</p> <p>to</p> <p>Start of school day</p>  <p>My school day begins at _____ a.m.</p>	Follow HIDEOE Wellness Nutrition Guidelines									
	Food Guidelines									
	<ul style="list-style-type: none"> • Be whole grain-rich • First ingredient must be: whole grain, fruit, vegetable, dairy product, or protein food • Be a combination food that contains of $\geq \frac{1}{4}$ cup of fruit and/or vegetable 	<table border="1"> <tr> <td><u>Calories</u></td> <td>Snacks: ≤ 200 calories Entrees: ≤ 350 calories</td> </tr> <tr> <td><u>Sodium</u></td> <td>Snacks: ≤ 200 mg Entrees: ≤ 480 mg</td> </tr> <tr> <td><u>Fat</u></td> <td>Total Fat: $\leq 35\%$ of total calories Saturated Fat: $\leq 10\%$ of calories <i>Trans</i> Fat: Zero grams</td> </tr> <tr> <td><u>Sugar</u></td> <td>Snacks: $\leq 35\%$ of total weight of item</td> </tr> </table>	<u>Calories</u>	Snacks: ≤ 200 calories Entrees: ≤ 350 calories	<u>Sodium</u>	Snacks: ≤ 200 mg Entrees: ≤ 480 mg	<u>Fat</u>	Total Fat: $\leq 35\%$ of total calories Saturated Fat: $\leq 10\%$ of calories <i>Trans</i> Fat: Zero grams	<u>Sugar</u>	Snacks: $\leq 35\%$ of total weight of item
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Beverage Guidelines										
<p style="text-align: center;">Prohibited </p> <ul style="list-style-type: none"> • Soda, coffee, flavored tea, and sports drinks (even without sugar) • Caffeine, artificial colors, and artificial flavors • Drinks with more than 8 oz. servings other than plain water 	<p style="text-align: center;">Allowed </p> <table border="1"> <tr> <td><u>Water</u></td> <td>Plain, with or without carbonation No portion size limit</td> </tr> <tr> <td><u>Milk</u></td> <td>Unflavored 1% or fat free; flavored fat free; milk alternatives as permitted by NSLP Less than or equal 22 grams of sugar per 8 oz. serving</td> </tr> <tr> <td><u>100% F/V Juice</u></td> <td>Non-diluted, no added sweeteners, without carbonation Diluted, no added sweeteners, with or without carbonation</td> </tr> </table>	<u>Water</u>	Plain, with or without carbonation No portion size limit	<u>Milk</u>	Unflavored 1% or fat free; flavored fat free; milk alternatives as permitted by NSLP Less than or equal 22 grams of sugar per 8 oz. serving	<u>100% F/V Juice</u>	Non-diluted, no added sweeteners, without carbonation Diluted, no added sweeteners, with or without carbonation			
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<p>Start of school day</p> <p>to</p>  <p>End of school day when the bell rings</p> <p>My school day ends at _____ p.m.</p>	<p>Follow HIDEOE Wellness Nutrition Guidelines</p> <p>Food and beverages provided (not sold) on campus meets HIDEOE Wellness Nutrition Guidelines. Examples of where this applies are for:</p> <ul style="list-style-type: none"> • Class celebrations • Any food provided other than culinary arts classes 	<p>Follow BOE Policy 103-7</p> <p>No food and beverage sold (outside of the school meals program) except for plain water, such as:</p> <ul style="list-style-type: none"> • School stores • Vending machines (except for plain water) 								
<p>End of school day to 30 minutes after the bell rings</p> 	<p>Follow HIDEOE Wellness Nutrition Guidelines</p> <p>Refer to food and beverage guidelines chart from above.</p>									

Food (including beverage) is not used as a reward or punishment for students.

REMINDER: If participating in USDA's afterschool snack program, end of school day is 30 minutes after snacks are served.