




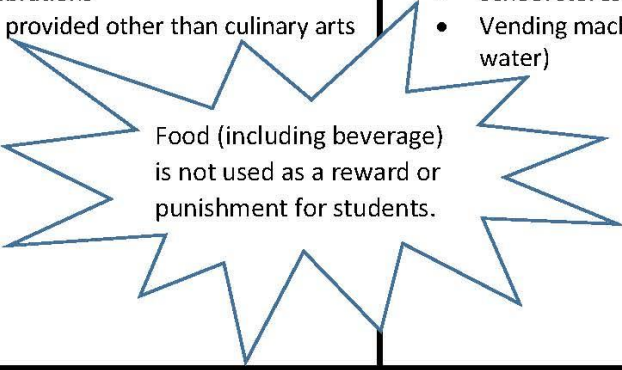




# Hawaii DOE Wellness Chart: Nutrition Guidelines (NG)

 <p><b>Midnight</b></p> <p>to</p> <p><b>Start of school day</b></p>  <p>My school day begins at _____ a.m.</p>	<b>Follow HIDEOE Wellness Nutrition Guidelines</b>									
	<b>Food Guidelines</b>									
	<ul style="list-style-type: none"> <li>• Be whole grain-rich</li> <li>• First ingredient must be: whole grain, fruit, vegetable, dairy product, or protein food</li> <li>• Be a combination food that contains of <math>\geq \frac{1}{4}</math> cup of fruit and/or vegetable</li> </ul>	<table border="1"> <tr> <td><u>Calories</u></td> <td>Snacks: <math>\leq 200</math> calories Entrees: <math>\leq 350</math> calories</td> </tr> <tr> <td><u>Sodium</u></td> <td>Snacks: <math>\leq 200</math> mg Entrees: <math>\leq 480</math> mg</td> </tr> <tr> <td><u>Fat</u></td> <td>Total Fat: <math>\leq 35\%</math> of total calories Saturated Fat: <math>\leq 10\%</math> of calories <i>Trans</i> Fat: Zero grams</td> </tr> <tr> <td><u>Sugar</u></td> <td>Snacks: <math>\leq 35\%</math> of total weight of item</td> </tr> </table>	<u>Calories</u>	Snacks: $\leq 200$ calories Entrees: $\leq 350$ calories	<u>Sodium</u>	Snacks: $\leq 200$ mg Entrees: $\leq 480$ 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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<b>Beverage Guidelines</b>										
<p style="text-align: center;">Prohibited </p> <ul style="list-style-type: none"> <li>• Soda, coffee, flavored tea, and sports drinks (even without sugar)</li> <li>• Caffeine, artificial colors, and artificial flavors</li> <li>• Drinks with more than 8 oz. servings other than plain water</li> </ul>	<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><b>Start of school day</b></p> <p>to</p>  <p><b>End of school day when the bell rings</b></p> <p>My school day ends at _____ p.m.</p>	<b>Follow HIDEOE Wellness Nutrition Guidelines</b>	<b>Follow BOE Policy 103-7</b>								
	<p>Food and beverages <b>provided</b> (not sold) on campus meets HIDEOE Wellness Nutrition Guidelines. Examples of where this applies are for:</p> <ul style="list-style-type: none"> <li>• Class celebrations</li> <li>• Any food provided other than culinary arts classes</li> </ul>	<p>No food and beverage <b>sold</b> (outside of the school meals program) except for plain water, such as:</p> <ul style="list-style-type: none"> <li>• School stores</li> <li>• Vending machines (except for plain water)</li> </ul>								
 <p>Food (including beverage) is not used as a reward or punishment for students.</p>										
<p><b>End of school day to 30 minutes after the bell rings</b></p> 	<b>Follow HIDEOE Wellness Nutrition Guidelines</b>									
	Refer to food and beverage guidelines chart from above.									
	 <p><b>REMINDER:</b> If participating in USDA's afterschool snack program, end of school day is 30 minutes after snacks are served.</p>									