

Appetizer Diet® Cookie News



Cookie meets nationally recognized Healthy Snack Guidelines We've always been proud of our absolutely delicious and healthy Appetizer Diet® Cookies-and, now, we have more reason than ever. Why? They meet the Competitive Food Guidelines of the Alliance for a Healthier Generation. The Alliance for a Healthier Generation is a partnership between The American Heart Association and the William J. Clinton Foundation whose goal is to, "stop the nationwide increase in childhood obesity by 2010 and to empower kids to make healthy lifestyle choices".

Competitive Food Guidelines Candy, snacks, side items, and desserts sold by or in schools outside of the reimbursable meal program during the regular and extended school day must meet one of the following three numbered criteria.*

1. Any fruit with no added sweeteners or vegetables that are non-fried. Since fresh fruits and vegetables vary in size and calories naturally, they have no calorie limit. However, calories for packaged fruits and vegetables are easily ascertained according to package labeling. As such, calorie limits for these fruits and vegetables are specified as follows:

	Elementary	Middle	High
fresh	no limit	no limit	no limit
packaged in own juice	150	180	200
dried	150	180	200

2. Any reduced-fat or part-skim cheese "equal to or less than" 1.5 oz.
3. Any other food that meets all of the following criteria:
 - a. "equal to or less than" 35% of total calories from fat
 - i. Nuts, nut butters, seeds are exempt.
 - b. "equal to or less than" 10% of calories from saturated fat and does not exceed "equal to or less than" 1g saturated fat
 - c. 0g trans fat
 - d. "equal to or less than" 35% sugar by weight
 - e. "equal to or less than" 230mg sodium
 - i. Lowfat and nonfat dairy products can have "equal to or less than" 480mg sodium.
 - ii. Vegetables with sauce and soups can have "equal to or less than" 480mg sodium if they contain "equal to or greater than" 1 of the following: "equal to or greater than" 2g fiber; or "equal to or greater than" 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, iron, or protein; or "equal to or greater than" ½ serving of fruit or vegetables.
 - f. If products are dairy, they must be non-fat or low fat dairy
 - g. Meet 1 of the following calorie requirements
 - i. "equal to or less than" 100 calories
 - ii. Foods with "equal to or less than" 230mg sodium can have increased calorie limits per below if they contain "equal to or greater than" 1 of the following: "equal to or greater than" 2g fiber; or "equal to or greater than" 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, iron, or protein; or "equal to or greater than" ½ serving of fruit or vegetables.:
 - equal to or less than 150 calories for elementary schools
 - equal to or less than 180 calories for middle school
 - equal to or less than 200 calories for high school
 - iii. Vegetables with sauce and soups meeting 3.e.ii can have "equal to or less than" 150 calories if they contain "equal to or greater than" 2 of the following: "equal to or greater than" 2g fiber; or "equal to or greater than" 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, iron, or protein; or "equal to or greater than" ½ serving of fruit or vegetables.

Time of Day The guidelines apply to competitive candy, snacks, side items, and desserts sold on school grounds during the regular and extended school day. The extended school day includes activities such as clubs, yearbook, band and choir practice, student government, drama, sports practices, intramural sports, and childcare/latchkey programs. The guidelines also apply to food supplied by schools during official transportation to and from school and school sponsored activities.

* The Appetizer Diet® Cookie meets the guidelines as set forth in section 3:a,b,c,d,e. Item 3:g:ii qualifies calorie content.

**Please note the Appetizer Diet® Cookie complies with these guidelines; however, this does not in anyway imply its endorsement by the Alliance for a Healthier Generation.

