

Smoothies as Smart Snacks

What's in your smoothie?

A. A combination of only water, 100% fruit and/or vegetable juice, low-fat or fat-free flavored or unflavored milk, and/or ice

- If yes:
 - Evaluate as a beverage.
 - Offer in an age-appropriate serving size:
 - Elementary School: ≤8 fluid ounces
 - Middle and High School: ≤12 fluid ounces
- If no (the smoothie includes other types of beverages or sweeteners):
 - Does each serving have ≤5 calories per fluid ounce?
 - The calories from allowable beverages (100% juice and low-fat or fat-free flavored or unflavored milk) do **not** count towards the calorie limit in smoothies. Evaluate the calories of non-allowable beverages (e.g., added sweeteners) only.
 - If yes:
 - Evaluate as a low calorie beverage
 - Allowed at high school only
 - ≤5 calories per fluid ounce
 - ≤12 fluid ounces per serving
 - If no:
 - Not allowable to be served as a beverage

B. A combination of foods (e.g., fruit, yogurt, peanut butter, oats) and beverages (e.g., juice, milk, water)

Does your smoothie have a fruit, vegetable, dairy product, or meat alternate as the first ingredient?
or

Is your smoothie a combination food with at least 1/4 cup of fruit and/or vegetable?

- If yes:
 - Does the smoothie contain a meat alternate?
 - If yes:
 - Evaluate as a food, following the nutrient standards for an entrée.
 - If no:
 - Evaluate as a food, following the nutrient standards for a snack/side.
- If no:
 - Not allowable to be served as a food

Example:

You would like to sell a smoothie that is made of yogurt, strawberries, and orange juice. The smoothie contains a combination of foods and beverages, and strawberries are the first ingredient (the heaviest ingredient by weight). Since the smoothie contains a meat alternate (yogurt), evaluate it as a food. Your smoothie must meet the nutrient standards for an entrée: ≤350 calories, ≤35% of calories from fat, <10% of calories from saturated fat, ≤480 mg sodium, and ≤35% of weight from sugar.