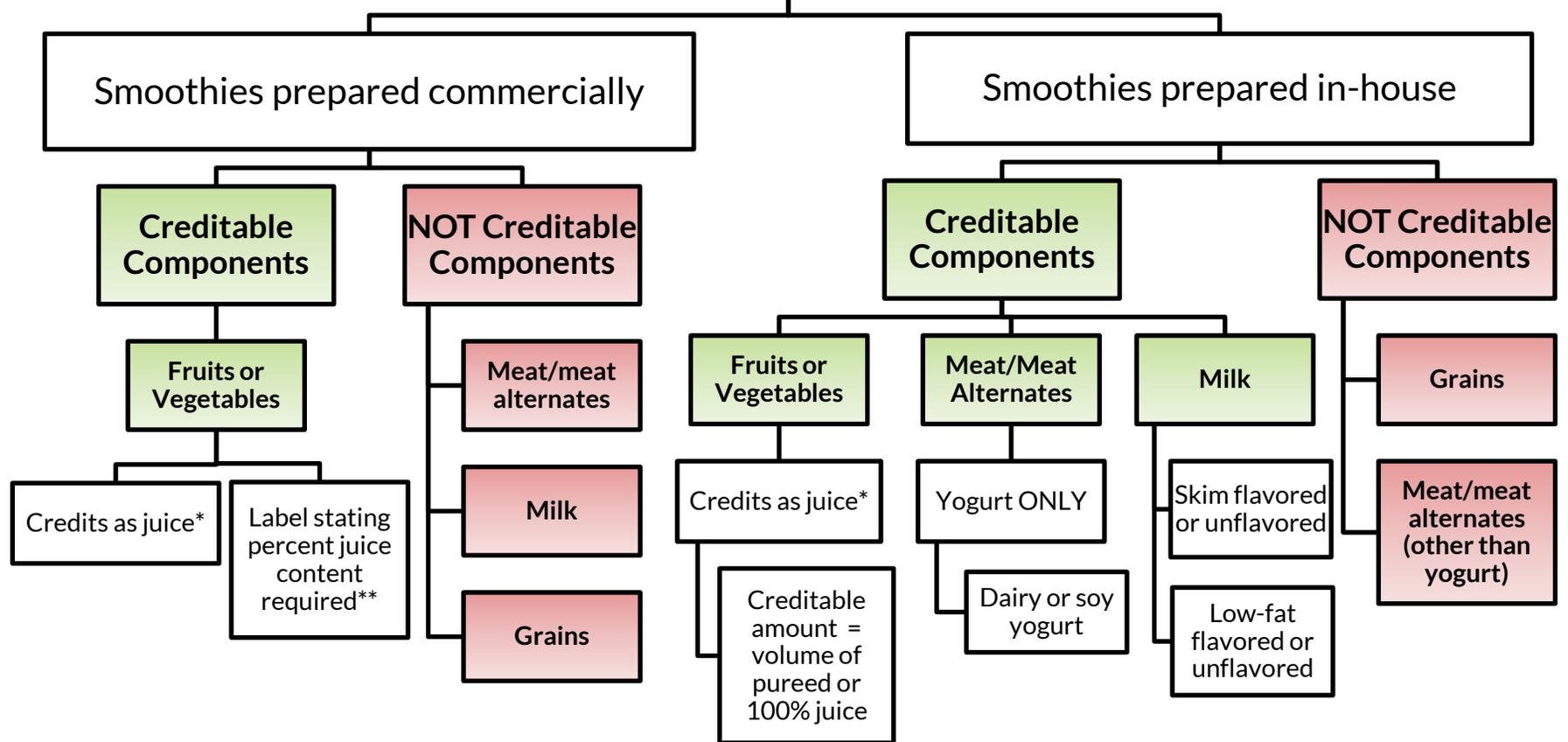


Crediting Smoothies in the School Breakfast Program (SBP) and National School Lunch Program (NSLP)



See reverse side for additional information and clarification on smoothies in the SBP and NSLP.

Refer to SP 10-2014 (v.3) (7/22/2015) for the full Q & A's on smoothies in Child Nutrition Programs: <http://www.fns.usda.gov/smoothies-offered-child-nutrition-programs-0>

*Smoothies are consumed in beverage form and are subject to the juice limitations: no more than 50% of the weekly fruit or vegetable offerings may be in the form of juice.

**For example, an 8 fluid ounce smoothie made from fruit puree with the juice content labeled as "contains 50% juice" would credit as 4 fluid ounces or ½ cup juice. Smoothies with less than 100% juice content are the only instance when less than 100% juice may be offered for meeting federal meal requirements.

Crediting Smoothies Prepared In-House

Both Fruits and Vegetables

- Fruits and vegetables in smoothies are considered juice and are subject to the limitation that no more than 50% of the fruit and vegetable offerings per week may be in the form of juice.
- Fruits and vegetables in smoothies credit based on their volume when pureed (e.g. 1/4 cup pureed strawberries credits as 1/4 cup fruit juice). During recipe standardization, puree the fruit or vegetable prior to adding it to the smoothie to determine the creditable volume.
- The minimum amount of creditable fruit or vegetable is 1/8 cup.
- Fruit only: Concentrated fruit puree and concentrated fruit juice can only credit as fruit when they are reconstituted to full-strength fruit puree or full strength juice. Otherwise, they are considered added sugar.

Vegetables

- Vegetables from any vegetable subgroup are creditable in smoothies in the following forms: fresh, frozen or canned vegetables, 100% vegetable juice, and 100% vegetable and fruit juice blends.
- Vegetables from the bean/peas (legumes) subgroup may credit toward the vegetable meal pattern requirement as juice when served in a smoothies. However, they may not credit as a meat/meat alternate in smoothies.
- If all vegetables that make up a smoothie are from the same subgroup, they may credit towards that subgroup. However, if there are blends from different subgroups, these will contribute to the "additional" vegetable requirement. This also applies to 100% vegetable juice.
- Smoothies containing a mix of fruit and vegetables, or containing 100% fruit and vegetable juice blends, may contribute to the fruit requirement when fruit juice or puree is the predominant ingredient by weight. If vegetable juice or puree is predominant, the smoothie will contribute toward the "additional" vegetable requirement.

Grains (NOT CREDITABLE)

- Grains CANNOT credit when served in a smoothie. While not creditable, ingredients like oats can be included in smoothies for consistency and flavor.

Meat/Meat Alternates (YOGURT ONLY)

- Yogurt is the only meat alternate that may credit in smoothies. While not creditable, ingredients like peanut butter can be included for consistency and flavor in smoothies.
- Dairy yogurt (including Greek yogurt) and soy yogurt are creditable. Four ounces by weight or 1/2 cup of yogurt credits as one ounce equivalent of meat alternate. Yogurt is listed in the Food Buying Guide for Child Nutrition Programs.
- The addition of yogurt to a smoothie does NOT serve as a substitution for fluid milk.

Milk

- Only milk types that are allowable in SBP and NSLP (skim flavored or unflavored and low-fat flavored or unflavored) may be used in smoothies and are creditable.
- When milk is used in smoothies, the fluid milk component must also be offered on the serving line in the full 8 fluid ounce minimum volume in order to comply with quantity and variety requirements.
- The minimum creditable amount of milk is 1/4 cup.

Additional Notes

- Commercially-prepared smoothies may only credit toward the fruit or vegetable components.
- If smoothies credit as meat/meat alternates counting toward the grain minimum at breakfast, at least one ounce equivalent of true grain must also be offered.
- Post signage on the serving line to inform students of the foods/components contained in smoothies (e.g. fruit and yogurt smoothie = 1/2 cup fruit and 1 ounce equivalent meat/meat alternate).
- Smoothies with dietary and herbal supplements (e.g., whey protein) are NOT creditable in Child Nutrition Programs.
- All smoothie ingredients must be included in dietary specifications.

Based on SP 10-2014 (v.3) dated July 22, 2015