

Sweetening Compliance: Mastering Added Sugar Limits in School Meals

Back to School Workshop 2025



**NORTH DAKOTA
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- **NDDPI Does Not Endorse Any Specific Brands or Products.**
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 - If your face or anything that may specifically identify you, you will be asked to sign a Media Release.
 - Pictures will likely be taken of the presenter(s) or participants hands only.
 - Pictures will be used for Team Nutrition Grant Reporting.



Objectives

1. **Break down** the difference between total sugar and added sugar—and explain why that matters in USDA compliance.
2. **Evaluate** and select products that align with the added sugar limits for individual items and strategize ahead for meeting the 10% weekly threshold.
3. **Use tools** and labels to **identify** added sugar in packaged items and assess whether a product qualifies.
4. **Analyze** recipes by calculating the total added sugar.



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Lunches Consumed From School Are the Most Nutritious



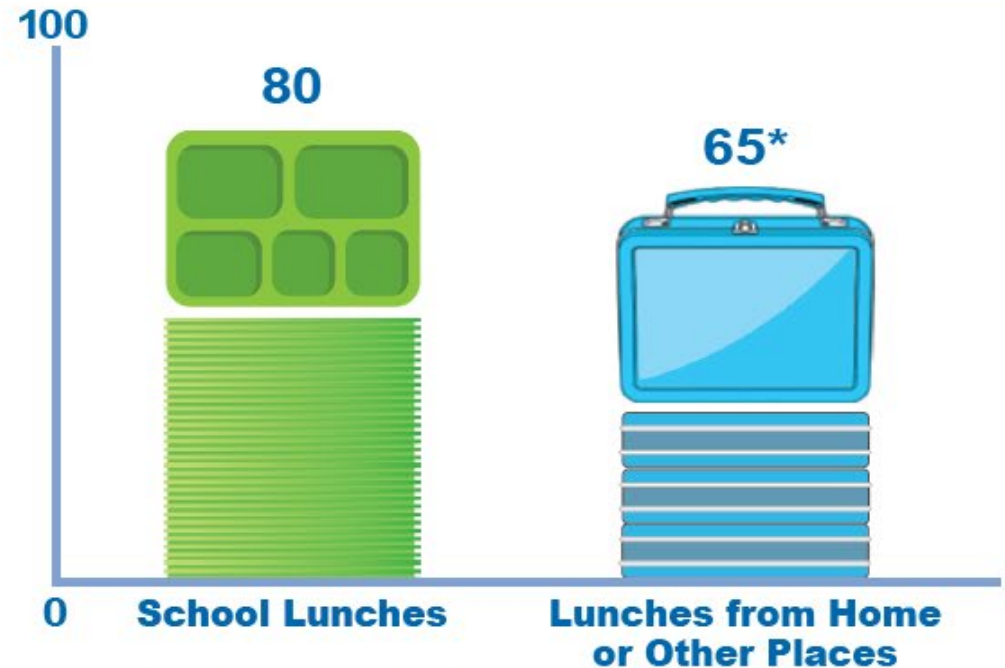
The Healthy Eating Index (HEI) assigns scores to meals based on how consistent they are with the Dietary Guidelines for Americans.

Higher scores indicate higher nutritional quality.



The HEI includes a total score and separate scores for different components of a healthy diet.

Average Total HEI Scores of Lunches Consumed by Students



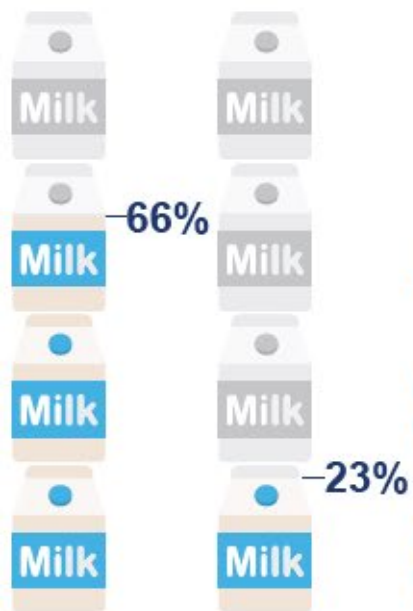
Lunches consumed by school lunch participants and nonparticipants in school year 2014-2015.

*Difference between school lunches and lunches from home or other places is statistically significant.

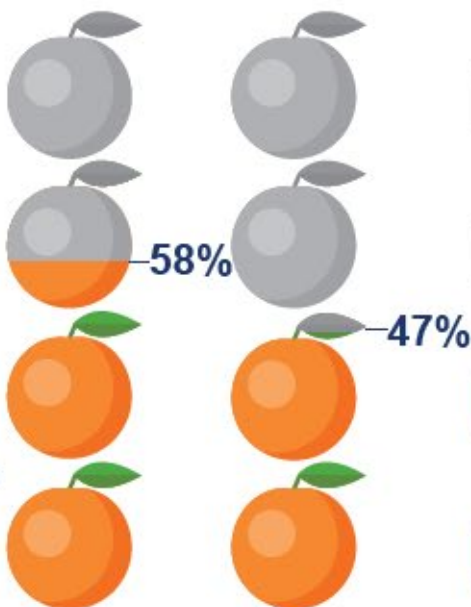
Students who ate school lunches were more likely to consume milk, fruits, and vegetables at lunch than students who ate lunches from home or other places.

Percentage of students consuming...

Milk



Fruits



Vegetables



Students Who Ate School Lunches

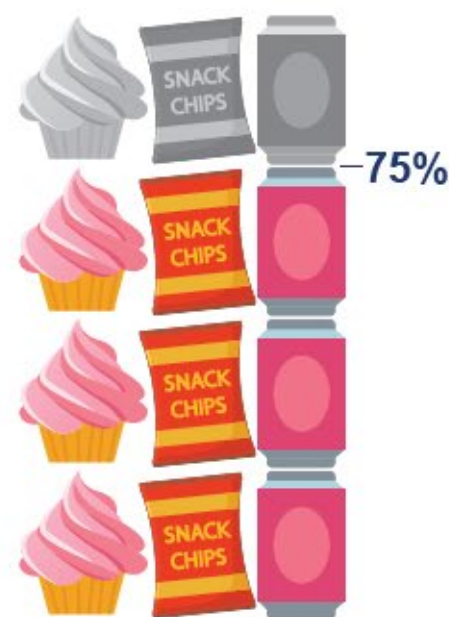
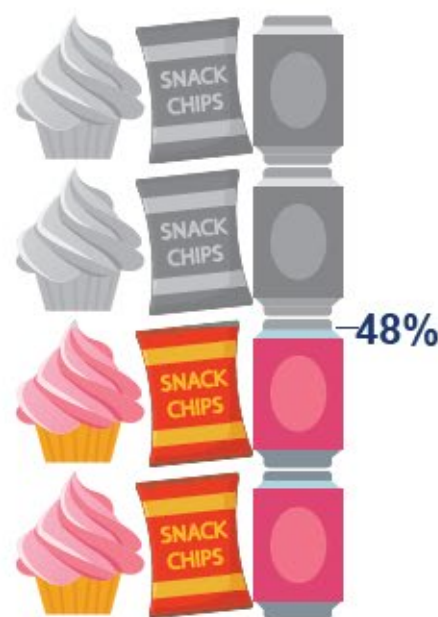


Students Who Ate Lunches from Home or Other Places

Students who ate school lunches were less likely to consume desserts, snack items, and non-milk beverages at lunch.

Percentage of students consuming...

Desserts, snacks, non-milk beverages



The analysis included all foods and beverages consumed at lunch. Students who ate school lunches may also have consumed foods or beverages from home or other places. All of the differences between students who ate school lunches and students who ate lunches from home or other places are statistically significant.

Added Sugars

are sugars added during the processing of foods. Added sugars include foods packaged as sweeteners, sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Added sugars do not include naturally occurring sugars in milk, fruits, and vegetables



Biochemistry: Carbohydrates

- Compounds composed of carbon oxygen and hydrogen arranged as monosaccharides or multiples of monosaccharides – one molecule or multiple.
- All plant foods, including milk provide carbohydrates.



Biochemistry: Saccaharides

Complex Carbohydrates

- **Polysaccaharides**

- Glycogen
- Starches
- Fibers

Simple Carbohydrates

- **Monosaccaharides**

- Glucose
- Fructose
- Galactose

- **Disaccaharides**

- Maltose
- Sucrose
- Lactose



Nutrition Lesson

Complex Carbohydrates

- **Slower to digest**
- **Fewer available in foods**
- **More functional**
- **Additional vitamins, minerals and good bacteria**

Simple Carbohydrates

- **Quickly available for cell use**
 - Good for use during activity
 - Stored as fat when not needed
- **Abundant in foods like cookies, cakes and ice cream**
- **Fewer vitamins, minerals and good bacteria**



Food Examples

Complex Carbohydrates



Simple Carbohydrates



Total Sugars vs. Added Sugars

Total
Sugars

=

Naturally
Occurring
Sugars

+

Added
Sugars



Cinnamon Sugar Apple Slices

NUTRITION FACTS

Serving Size 1 Apple (125 g)

Calories	76 kcal
Total Fat	.15g
Sat Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	18g
Dietary Fiber	2.6g
Total Sugars	14.75g
Added Sugars	0g
Protein	.16g

NUTRITION FACTS

Serving Size 1 tsp (4 g)

Calories	16 kcal
Total Fat	0g
Sat Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	4g
Dietary Fiber	0g
Total Sugars	4g
Added Sugars	4g
Protein	0g



How to Determine Added Sugars in Foods & Drinks

Nutrition Facts Label

Example: Breakfast Cereal

Nutrition Facts 1 serving per container Serving size 1 cup (28g) Calories per serving 120	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 3g	4%	Total Carbohydrate 22g	8%
	Saturated Fat 0g	0%	Dietary Fiber 1g	4%
	Trans Fat 0g		Total Sugars 8g	
	Cholesterol 0mg	0%	Includes 8g Added Sugars	16%
	Sodium 160mg	7%	Protein 1g	2%
	Vitamin D 1.2mcg 6% • Calcium 78mg 6% • Iron 1.8mg 10% • Potassium 0mg 0%			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 cup of this cereal provides
8 grams (g) of added sugars.



The Ingredient List

- anhydrous dextrose
- brown sugar
- coconut sugar
- confectioners or powdered sugar
- corn syrup
- corn syrup solids
- Dextrose
- fructose
- high-fructose corn syrup (HFCS)
- honey
- Lactose
- Maltose
- maple syrup
- nectars (e.g., agave nectar, peach nectar, pear nectar)
- sugar



Product Formulation Statement/ Child Nutrition Label/Nutrition Facts Label



Product Formulation Statements (PFS) and Child Nutrition (CN) labels provide information on how a product may contribute to the meal pattern requirements, but there is no requirement for them to include information about added sugars.



CN

XXXXXX

CN This 2.31oz fully cooked Beef Patty with
Textured Soy Flour provides 2.00 oz equivalent
meat/meat alternate for the Child Nutrition CN
Meal Pattern Requirements. (Use of this logo
and statement authorized by the Food and
Nutrition Service, USDA XX-XX)

CN





Pilgrim's Pride Corp.
School Foodservice
1770 Promontory Circle,
Greeley, CO 80634-9039



Child Nutrition Program operators should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative.

Product Name: WG LARGE POPCORN STYLE CHICKEN Code No.: 110452
Manufacturer: Pilgrim's Pride Case/Pack/Count/Portion/Size: 30 lb. case

I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
Boneless Chicken Meat	2.9 oz. (10pc)	X	70	2.03
		X		
		X		
		X		
A. Total Creditable M/MA Amount¹				2.03

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

II. Alternate Protein Product (APP)

If the product contains APP, please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in Attachment A for each APP used.

Description of APP, manufacture's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X		÷ by 18	
		X		÷ by 18	
		X		÷ by 18	
		X		÷ by 18	
B. Total Creditable APP Amount¹					
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)					2.0

*Percent of Protein As-Is is provided on the attached APP documentation.

**18 is the percent of protein when fully hydrated.

***Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

¹Total Creditable Amount must be rounded down to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do not round up. If you are crediting M/MA and APP, you do not need to round down in box A (Total Creditable M/MA Amount) until after you have added the Total Creditable APP Amount from box B to box C.

Total weight (per portion) of product as purchased 4.3 oz.

Total creditable amount of product (per portion) 2.0
(Reminder: Total creditable amount cannot count for more than the total weight of product.)

I certify that the above information is true and correct and that a 4.3 ounce serving of the above product (ready for serving) contains 2.0 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Scott Sutton

Signature

Food Technologist

Title

Scott Sutton

Printed Name

11/13/2020

Date

970-304-7053

Phone Number





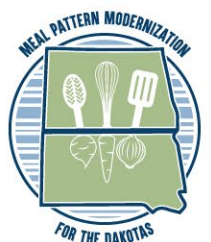
Nutrition Facts

About 11 servings per container

Serving size 3 tubes (170g)

	Per Serving	Per Tube
Calories	150	50
	% DV*	% DV*
Total Fat	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	< 5mg 1%	0mg 0%
Sodium	75mg 3%	25mg 1%
Total Carbohydrate	30g 11%	10g 4%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	23g	7g
Incl. Added Sugars	18g 36%	6g 12%
Protein	6g	2g
Vitamin D	3mcg 15%	1mcg 4%
Calcium	440mg 35%	150mg 10%
Iron	0mg 0%	0mg 0%
Potassium	240mg 6%	0mg 0%
Vitamin A	100mcg 10%	30mcg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Product Based Limits





As a Reminder:

- **Breakfast cereals** may have no more than **6 grams of added sugars** per dry ounce.
- **Yogurt** may have no more than **12 grams of added sugars** per 6 ounces (2 grams of added sugars per ounce).
- **Flavored milk** may have no more than **10 grams of added sugars** per 8 fluid ounces.
- **Flavored milk sold as a competitive food** for middle and high schools, **15 grams of added sugars** per 12 fluid ounces.





Nutrition Facts

About 11 servings per container

Serving size 3 tubes (170g)

Calories

Per
Serving
150

		Per Serving	% DV*
Total Fat		1g	0%
Total Fat		0g	0%
Total Fat		0g	0%
Total Fat		0mg	1%
Total Fat		25mg	3%
Total Fat		10g	11%
Total Fat		0g	0%
Total Fat		7g	0%
Total Fat			12%
Protein		6g	
Vitamin D		3mcg	15%
Calcium		440mg	35%
Iron		0mg	0%
Potassium		240mg	6%
Vitamin A		100mcg	10%
		30mcg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.


Strawberry Ingredients: Cultured Grade A Nonfat Milk, Sugar, Modified Food Starch. Contains 1% or less of: Kosher Gelatin, Tricalcium Phosphate, Corn Starch, Vegetable Juice (for color), Potassium Sorbate Added to Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D₃.

Berry Ingredients: Cultured Grade A Nonfat Milk, Sugar, Modified Food Starch. Contains 1% or less of: Kosher Gelatin, Tricalcium Phosphate, Corn Starch, Vegetable and Fruit Juice (for color), Potassium Sorbate Added to Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D₃.

DISTRIBUTED BY YOPLAIT USA, INC., BOX 200 YC, MPLS, MN 55440 USA

Ingredients Derived from a Bioengineered Source

Learn more at Ask.GeneralMills.com

GLUTEN FREE  **GRADE A**
Contains Live and Active Cultures

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Labeled for Child Nutrition Program

1 - 2 oz tube equals ½ meat alternative

Comments? Save tube, box
and call 1-800-967-5248

www.Yoplait.com





Nutrition Facts

About 7 servings per container

Serving size $\frac{3}{4}$ cup (170g)

Calories

130

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 10mg 3%

Sodium 65mg 5%

Total Carbohydrate 6g 6%

Dietary Fiber <1g 3%

Total Sugars 14g

Incl. 10g Added Sugars 20%

Protein 14g 28%

Vitamin D 170mg 15%

Iron 0mg 0% • Potas. 220mg 4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





Nutrition Facts	
about 5 servings per container	
Serving size 3/4 cup (170g)	
Amount per serving	
Calories	130
Total Fat 1.5g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 5mg	
Sodium 80mg	
Total Carbohydrate 26g	
Dietary Fiber 0g	
Total Sugars 21g	
Includes 16g Added Sugars	
Protein 5g	



Nutrition Facts	
about 5 servings per container	
Serving size 3/4 cup (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	
Total Sugars 21g	
Includes 16g Added Sugars	
Protein 5g	



Nutrition Facts

Serving Size

1 container (56g)

As
Packaged

Calories

210

Total Fat

2g

Saturated Fat

0g

Trans Fat

0g

Cholesterol

0mg

Sodium

320mg

Total Carbohydrate

45g

Dietary Fiber

4g

Soluble Fiber

2g

Total Sugars

-

Incl. Added

19g

37%

Sugars

Protein

5g





Nutrition Facts

Serving Size

1 Container (56g)

Calories

220

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Total Sugars

Incl. Added

Sugars

Protein

Packaged

% DV

4%

10%

17%

12%

12g

24%

3g





Kellogg's® Froot Loops® For Schools

Nutrition

Nutrition Facts

Serving Size 1 Package (28 g)

Amount Per Serving

Calories

Total Fat 0.5 g

Saturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 170 mg

Total Carbohydrate 24 g

Dietary Fiber 4 g

Total Sugars 6 g

Includes 6g Added Sugars

Protein 2 g

100

% Daily Value*

1%

0%

0%

7%

12%





Added Sugar Audit Tool

The Added Sugar Audit Tool was created to assist program operators to determine whether products in school kitchen inventory were compliant with the added sugar product-based limits implemented with the Final Rule.



Planning Ahead

What is to come with 10% calories from added sugars



Dietary Specifications

Dietary Specifications			
	Grades K-5	Grades 6-8	Grades 9-12
Minimum-maximum calories (kcal)	550–650	600–700	750–850
Saturated fat (% of total calories)	< 10	< 10	< 10
Added sugars (% of total calories) - must be implemented by July 1, 2027	< 10	< 10	< 10
Sodium limit - in place through June 30, 2027	< 1,110 mg	< 1,225 mg	< 1,280 mg
Sodium limit - must be implemented by July 1, 2027	< 935 mg	< 1,035 mg	< 1,080 mg



Breakfast

	Calories	10% Calories from Sugar (Calories)	Sugar (grams)
K-5	350	35	8.75
	500	50	12.5
6-8	400	40	10
	550	55	13.75
9-12	450	45	11.25
	600	60	15



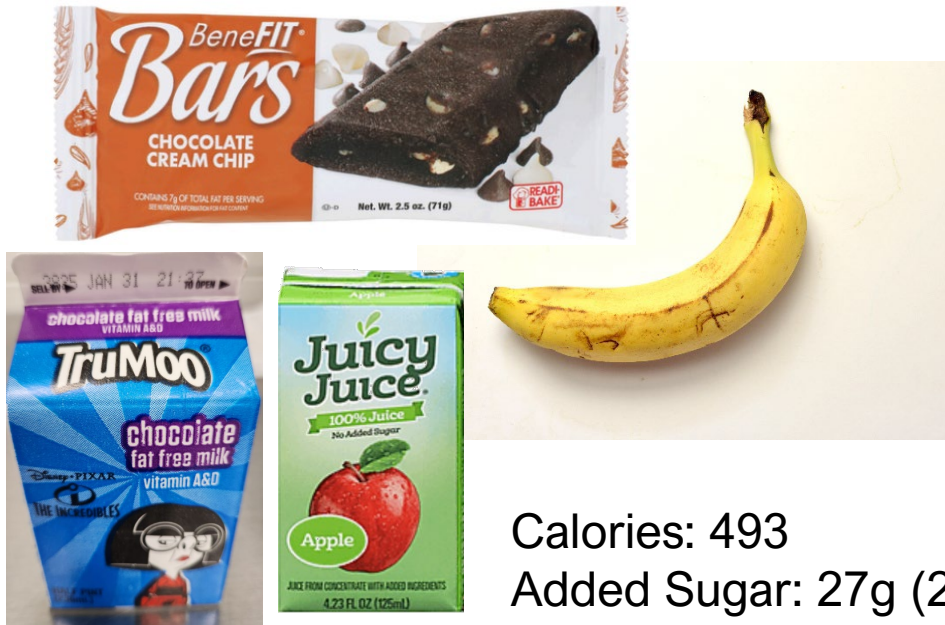
Lunch

	Calories	10% Calories from Sugar (Calories)	Sugar (grams)
K-5	550	55	13.75
	650	65	16.25
6-8	600	60	15
	700	70	17.5
9-12	750	75	18.75
	850	85	21.25



Breakfast Menu Swaps

High Added Sugar



Calories: 493
Added Sugar: 27g (22%)
Sodium: 441mg

Low Added Sugar



Calories: 513
Added Sugar: 0g (0%)
Sodium: 911mg

Breakfast Menu Swaps

Sweet

Calories: 503

Added Sugar: 20g (16%)

Sodium: 546

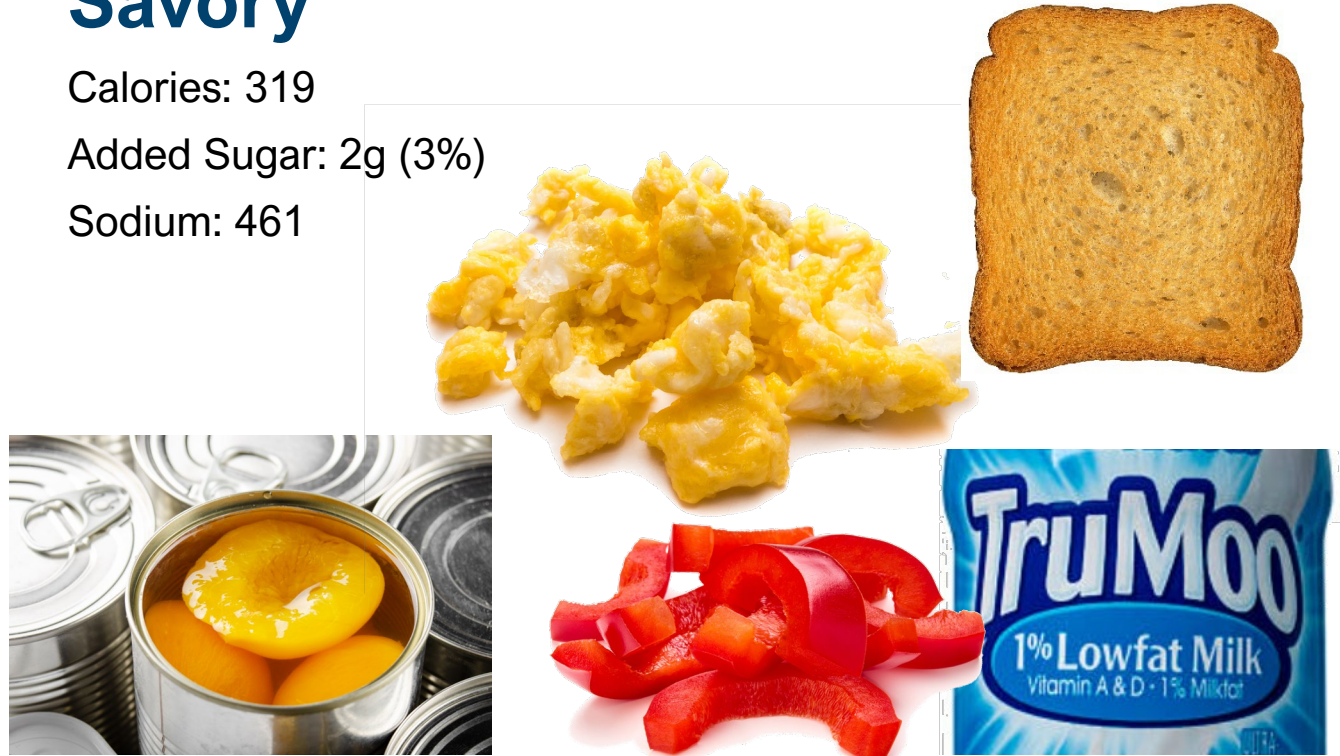


Savory

Calories: 319

Added Sugar: 2g (3%)

Sodium: 461



Added Sugar Activity

Look at the labels and determine the total added sugar for the recipe.





S'more:

1 Marshmallow

1 Cracker Sheet

3 Small Chocolate Pieces (1/4 of full bar)



Added Sugar Activity ANSWERS:

1. Item One (Cracker):

- a) Calories: **65**
- b) Total sugar: **4 (g)**
- c) Added sugar: **4 (g)**

Total amount of added sugar
[1. c) + 2. c) + 3. c)]:

13.25 (g) OR

2. Item Two (Marshmallow):

- a) Calories: **25**
- b) Total sugar: **4 (g)**
- c) Added sugar: **4 (g)**

**37% ADDED SUGAR FROM
CALORIES**

3. Item Three (Chocolate):

- a) Calories: **52.5**
- b) Total sugar: **6.25 (g)**
- c) Added sugar: **5.25 (g)**



Team Nutrition Culinary Trainings

Reducing Added Sugar SY 26-27

October – Wahpeton, ND

November – Bismarck, ND

REGISTRATION COMING SOON!

Reducing Sodium Culinary Trainings SY 27-28

Institute of Child Nutrition has Shaking It Up Small Changes Lead to Big Flavors series

8 – 30-minute sessions!



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References

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- United States Department of Agriculture. (2024, May 4). *Summary of Provisions in the Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans Final Rule*. Retrieved from USDA Food and Nutritional Service: Updates to the School Nutrition Standards: <https://fns-prod.azureedge.us/sites/default/files/resource-files/DGARuleFinalSummary5.2.24.pdf>

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3. **Email:**
Program.Intake@usda.gov.

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Questions and Discussion

Thank you!



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