

School Beverage Guidelines



CATEGORY	Qualify for the Alliance for a Healthier Generation School Beverage Guidelines		
	ELEMENTARY	MIDDLE	HIGH*
WATER	<ul style="list-style-type: none"> Any size No added sugars, artificial sweeteners or sodium 		Any size
PLAIN FAT-FREE OR LOW FAT MILK Up to 150 calories per 8oz <i>Includes nutritionally equivalent milk alternatives per USDA</i>	8oz (150 cal)	10oz (188 cal)	12oz (225 cal)
FLAVORED FAT-FREE OR LOW FAT MILK Up to 150 calories per 8oz <i>Includes nutritionally equivalent milk alternatives per USDA</i>	8oz (150 cal)	10oz (188 cal)	12oz (225 cal)
100% JUICE (OR 100% JUICE PLUS WATER) Up to 120 calories per 8oz + 10% DV for at least 3 vitamins and nutrients**	8oz (120 cal)	10oz (150 cal)	12oz (180 cal)
NO OR LOW CALORIE BEVERAGES Up to 10 calories per 8oz	No	No	Any size
OTHER DRINKS Up to 66 calories per 8oz	No	No	12oz (99 cal)

*At least 50% of beverages must be water and no or low calorie beverages

** 100% juice (or 100% juice plus water) with no added sweeteners must contain at least 10% Daily Value of 3 vitamins and nutrients as such as Vitamin A, C, D and calcium.

Time of Day: The Guidelines apply to beverages sold on school grounds during the regular and extended school day when events are primarily under the control of the school or third parties on behalf of the school. The extended school day can be defined as the time before or after the official school day that includes activities such as clubs, yearbook, band and choir practice, student government, drama, and childcare / latchkey programs.

The Guidelines do not apply to school-related events where parents and other adults are a significant part of an audience and are selling beverages as boosters during intermission, as well as immediately before or after such school-related events. Examples of these events include interscholastic sporting events, school plays, and band concerts.

For a list of products that meet these Guidelines, please visit: HealthierGeneration.org/productnavigator