

## Healthy Beverages Standards for Schools

The healthy beverages standards for schools adopted by the State Board of Education are as follows:

### Beverages sold in elementary school

- a. Bottled water
- b. Up to 8 ounce servings of fat free or low fat milk. Milk includes nutritionally equivalent milk alternatives (per USDA)
- c. Up to 8 ounce servings of fat free or low fat nutritionally equivalent flavored milk up to 150 calories / 8 ounces
- d. Up to 8 ounce servings of 100% juice, with no added sweeteners and up to 120 calories / 8 ounces

### Beverages sold in middle school

- a. Bottled water
- b. Up to 10 ounce servings of fat free or low fat milk. Milk includes nutritionally equivalent milk alternatives (per USDA)
- c. Up to 10 ounce servings of fat free or low fat nutritionally equivalent flavored milk up to 150 calories / 8 ounces
- d. Up to 10 ounce servings of 100% juice, with no added sweeteners and up to 120 calories / 8 ounces

### Beverages sold in high school

- a. Bottled water
- b. No or low calorie beverages with up to 10 calories / 8 ounces, except diet soda may not be sold in high school (e.g., unsweetened or diet teas, low calorie sport drinks, fitness waters, flavored waters, seltzers)
- c. Up to 12 ounce servings of fat free or low fat milk. Milk includes nutritionally equivalent milk alternatives (per USDA)
- d. Up to 12 ounce servings of fat free or low fat nutritionally equivalent flavored milk up to 150 calories / 8 ounces
- e. Up to 12 ounce servings of 100% juice, with no added sweeteners and up to 120 calories / 8 ounces
- f. Other drinks, up to 12 ounce servings with no more than 66 calories / 8 ounces
- g. At least 50% of non-milk beverages must be water and no or low calorie options

If the middle and high school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the high school standard.

Issued: October 12, 2010

Swink School District #33, Swink, Colorado