



A Comparison of the Eat Smart Standards and the Winner's Circle Nutrition Criteria

Eat Smart Standards

- Based on Dietary Guidelines
- Grade specific and sequential
- Limit fat, calories and simple sugars
- Recommend policy change for all eating venues in schools

Winner's Circle Nutrition Criteria

- Based on established nutrition guidelines
- Identification and marketing program
- Limit fat, sodium and simple sugars
- Used in any eating venue including schools

Eat Smart Snack: Vending & High School A La Carte

- maximum 200 calories

Winner's Circle Snack

- maximum 35% sugar by weight
- maximum 30% of calories from fat
- maximum 480 mg sodium
- maximum 2 servings per package

Eat Smart Basic Meal

- three fruits and/or vegetables (some fresh) offered, 2 not fried
- whole grains offered
- maximum 30% calories from fat
- **AND**
- < 10% saturated fat

Winner's Circle Meal

- minimum 2 fruits and/or vegetables
- **AND**
- minimum 1 serving grain or beans
- **OR**
- minimum 245 mg calcium

Eat Smart Item Basic - a la carte

- fruit (some fresh)
- vegetable (not fried)
- yogurt
- nuts/seeds (1 oz).
- water
- 50% - 100% juice
- milk

Winner's Circle Item - a la carte

- minimum 1 serving fruit or vegetable
- **OR**
- minimum 1 serving grain or beans
- **OR**
- minimum 245 mg calcium
- maximum 30% calories from fat
- maximum 1000 mg sodium