The 2010 Dietary Guidelines for Americans are recommendations for consumers to help them select a healthy diet. The following recommendations are based on these guidelines. In general, park food service operations should strive to comply with the food group and preparation suggestions below. The chart beneath these suggestions provides specific nutrient standards for individual food and beverage items.

**FRUITS:**
- Offer at least one fresh, canned, dried or frozen fruit daily.
- All canned or frozen fruit should be packaged in 100% water or unsweetened juice, with no added sweeteners.

**VEGETABLES:**
- Offer at least one fresh, canned or frozen vegetable daily.
- Vegetables should be served raw, steamed, baked or grilled seasoned without added fat or oil.

**GRAINS:**
- Offer 100% whole grain products such as cereal, bread, rice and pasta.

**DAIRY:**
- Offer low and nonfat milk and dairy products such as yogurt, cheese and pudding.

**PROTEINS:**
- Offer low fat and unprocessed options such as lean meats, poultry, fish or vegetarian options.
- Protein options should be baked, broiled, grilled or boiled without added fat or oil.

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**FOODS**

At least 60% of the FOODS offered meet all of the following nutrition standards:

**CALORIES:**
- No more than 250 calories per item (excluding nut and seeds without added fat or sweeteners).

**FAT:**
- No more than 35% of calories from total fat (excluding nuts, seeds and nut butters without added fat or caloric sweeteners) per serving. Snack mixes with nuts and other foods aren’t exempt from the 35% fat limit.
  - No more than 10% calories from saturated fat.
  - 0 gm trans fat (< .5/serving).

**SUGAR:**
- No more than 35% of calories from sugar per serving, except for fruit without added caloric sweeteners.
- No more than 30 grams sugar per 8 oz of yogurt, pudding, frozen yogurt or milk desserts.

**SODIUM:**
- 250 mg or less per serving.

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- Continued -
### BEVERAGES

At least 60% of the BEVERAGES offered meet the following nutrition standards:

**Water**
- Unflavored, non-carbonated and no additives.

**Milk**
- Nonfat and/or low-fat (1% or ½%) flavored, unflavored. Milk contains no more than 24 grams of sugar and no more than 150 calories per 8 ounces.

**Juice**
- 100% (liquid or frozen) juice with no added sweeteners in containers of 8 ounces or less.

**Calories/Portion size**
- Low calorie beverages contain less than 10 calories per 8 ounces.
- Beverages with greater than 66 calories per 8 ounces are sold in portions of 12 ounces or less.

**Other**
- Vegetable juices contain < 230 mg sodium per serving.
- Electrolyte replacements don’t contain more than 42 grams of sweetener per 20 ounce serving.
- Energy drinks are not sold.

### FOODS & BEVERAGES

For all FOODS and BEVERAGES
- Signage that lists the amount of calories per item is posted and visible for all customers.
- Items that meet the standards will be as visible or more visible to customers as items that do not meet the standards.
- Items that meet the standards must be sold at a price equivalent to or lower than similar items that do not meet the standards.