

TABLE 3. FOOD AND NUTRITION STANDARDS FOR BEVERAGES, *FOOD SERVICE GUIDELINES FOR FEDERAL FACILITIES*

Standards	Implementation Level ^a
<i>Beverages</i>	
Provide free access to chilled, potable water.	Standard
When milk and fortified soy beverages are available, offer low-fat beverages with no added sugars.	Standard
When juice is available, offer 100% juice with no added sugars. ^b	Standard
At least 50% of available beverage choices contain ≤40 calories per 8 fluid ounces ^c (excluding 100% juice and unsweetened fat-free or low-fat [1%] milk).	Standard
At least 75% of available beverage choices contain ≤40 calories per 8 fluid ounces ^c (excluding 100% juice and unsweetened fat-free or low-fat [1%] milk).	Innovative

^a Standard implementation criteria are considered to be widely achievable within food service; implementation at this level is expected. Innovative implementation criteria promote exceptional performance in various areas of food service; implementation at this level is encouraged.

^b Vegetable juice contains ≤230 mg sodium per serving.

^c Equivalent measures include ≤60 calories per 12 fluid ounces or ≤ 100 calories per 20 fluid ounces.

Suggested Citation:

Food Service Guidelines Federal Workgroup. *Food Service Guidelines for Federal Facilities*. Washington, DC: U.S. Department of Health and Human Services; 2017.