



CONDIMENTS



New Standards

School Food Authorities shall not have salt shakers or packets available.

School Food Authorities shall not have sugar dispensers or packets available.

School Food Authorities shall accurately reflect condiment usage in nutrient analysis and on production records.

School Food Authorities are encouraged to use low-fat condiments and/or control portions of high-fat condiments.

Rationale

Condiments can add a significant amount of fat and saturated fat to the healthy meals that are served.

Self-serve condiments can have a negative impact on the nutrient content of the meal and can be difficult to accurately analyze.

What are Condiments?

Schools need to consider the calories and fat they are adding to meals when using dressings, sauces or spreads. When using condiments, the portion size and type of condiment (if high in fat) can turn a healthy lunch into a fat-laden meal.

Two tablespoons of regular ranch dressing can contain 14-18 grams of fat while the same size serving of a low-fat version will provide 3-6 grams of fat.