

# Proposed nutritional guidelines for Howard County

By **Amanda Yeager**  
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**I**ncluded in the nutritional guidelines proposed by Howard County Councilman Calvin Ball's bill:

- Beverages that meet the standards include: water, including carbonated water, with no added caloric sweeteners; milk, including non-fat or low-fat milk, soy milk, rice milk with no more than 130 calories per 8 oz. served, in no more than 12 oz. portions; up to 8 oz. portions of 100 percent fruit or vegetable juice, with no more than 40 calories per container; low- to mid-calorie beverages with no more than 40 calories per container; and diet drinks with non-caloric sweeteners that contain less than five calories per serving (will make up no more than one-third of the total beverage offerings).
- Water must be sold as part of the total beverage offerings, and must be offered for free at county events when other packaged food and beverages are being sold or offered
- Fresh coffee and tea are exempted from the standards
- Packaged foods that meet the standards contain: no trans-fat; no more than 200 calories per portion, as packaged; less than 35 percent of calories from fat, except for food containing 100 percent nuts and/or seeds; less than 10 percent of calories from saturated fat ; no more than 35 percent of calories from total sugars, except for low fat or nonfat dairy or nondairy milk products; no more than 200 mg of sodium per portion, as packaged
- Exemptions: Howard County Public Schools property; county-sponsored events held on private property; packaged food and beverages sold by non-profit organizations on county property or in youth-oriented county facilities for fundraising purposes; packaged food or beverages county employees bring to work for themselves or others
- Placement and pricing: healthy food and drinks must be displayed in ways that are easily visible and distinguishable from less healthy items; only healthy food or beverages shall be placed on the top one-third of the shelving of vending machines; all healthy beverages must be priced at least 25 cents less than comparable products that do not meet the standards

(Source: Council Bill 17-2015)

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