

List of Acceptable Foods and Beverages  
**List 9: Smoothies**

**List 9: Smoothies** includes commercial products that meet the CNS snacks category, such as smoothies made with any combination of low-fat yogurt, fruits, vegetables, and 100 percent juice.

**Note:** Effective July 1, 2025, added sugars cannot exceed 2 grams per ounce.

																		Better Choice Recommendations				
Manufacturer	Food item description	Package or serving size (fluid ounces)	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤200	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤200 mg	Fiber (g)	Total sugars (g): ≤15 g	Sugars: ≤ 4 g per ounce	Added sugars (g): ≤15 g	Effective July 1, 2025: ≤ 2 g added sugars per ounce	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup
Barfresh Food Group, Inc.	Barfresh Mango Pineapple Yogurt Smoothie, 7.6 fl oz carton	7.6	FG	125	0	0.0%	0.0	0.0%	70	<1	20	2.6	0.0	0.0	yes	yes	yes	Thurston	Code TGPCY50; Case UPC (50 count) UPC 108-52333-00490-6	12/20/23	X	X
Barfresh Food Group, Inc.	Barfresh Peach Yogurt Smoothie, 7.6 fl oz carton	7.6	FG	130	0	0.0%	0.0	0.0%	65	<1	20	2.6	0.0	0.0	yes	yes	yes	Thurston	Code TGMPY50; Case UPC (50 count) UPC 108-52333-00447-0	12/20/23	X	X
Barfresh Food Group, Inc.	Barfresh Strawberry Banana Yogurt Smoothie, 7.6 fl oz carton	7.6	FG	130	0	0.0%	0.0	0.0%	70	<1	20	2.6	0.0	0.0	yes	yes	yes	Thurston	Code TGSBY50; Case UPC (50 count) UPC 108-52333-00489-0	12/20/23	X	X
Nestle USA	Outshine Fruit & Yogurt Smoothie Blueberry Pear, 3.5 oz pouch	3.5	FG	60	0	0.0%	0.0	0.0%	15	2	9	2.6	0.0	0.0	yes	yes	yes	MP&M Vending LLC	UPC 0-50000-68232-4; Case UPC (24count) UPC 003-73192-41022-2	3/11/25	X	X
Nestle USA	Outshine Fruit & Yogurt Smoothie Peach Raspberry, 3.5 fl oz pouch	3.5	FG	60	0	0.0%	0.0	0.0%	15	2	8	2.3	0.0	0.0	yes	yes	yes	MP&M Vending LLC	UPC 0-50000-73819-9; Case UPC (24 count) UPC 003-73191-41924-8	5/5/25	X	X