

Appendix A

Howard County Healthy Options Beverage Standards

Pursuant to Executive Order 09-2012, and based upon current scientific evidence and nationally recognized best practices, the following shall constitute Howard County's Healthy Options Beverage Standards.

Calorically-sweetened cold beverages shall contain no more than 40 calories per 8 ounce serving and shall be in a container no larger than 17 ounces.

Fruit and/or vegetable-based beverages shall contain 100% juice or 100% juice that is diluted with water. These offerings shall not exceed 8 ounces or 150 calories and shall be no salt or low-sodium¹ varieties.

Milk, fortified soy milk, and other milk substitute beverages shall be unflavored, low-fat or non-fat and contain no more than 22 grams of total sugar per 8 ounce serving or be in a container no larger than 8 ounces.

Diet drinks with non-caloric sweeteners² shall have less than 5 calories per serving and will constitute no more than one-third (33%) of the total beverage offerings.

Water with no with added caloric or non-caloric sweeteners must be sold as part of the total beverage offerings.

The above standards apply to beverages that are sold, dispensed, or offered by county departments, in county-operated vending machines, at county-sponsored events and meetings, during county-sponsored programs or on county-owned or managed property.

The county and its departments will comply with these standards. The standards will be reviewed at least once every three years from the date of implementation.

¹ Low sodium is less than 140mg per serving as defined by the Food and Drug Administration.

² Non-caloric sweeteners are man-made and contain no nutritional value. Examples include Aspartame (brand name: Nutrasweet), Sucralose (Splenda), Saccharine (Sweet N'Low), Acesulfame potassium (Ace K, Sunett, Sweet One), Neotame, and Stevia (Truvia, Rebiana, Reb A PureVia, SweetLeaf, Only Sweet).