



# CRITERIA:

Items marked as Eat Well meet the following criteria, which were developed to be consistent with current dietary recommendations.

## EAT WELL DINING CRITERIA

	FULL MEAL OR COMBO PLATE	ENTRÉE ONLY	SIDE DISH	8 FL OZ SOUP	12 FL OZ SOUP
Calories	≤600	≤400	≤250		
Total Fat (g)	≤25	≤20			
Saturated Fat and Natural Trans Fat Combined*(g)	≤5	≤5	≤2	≤2	≤3
Sodium (mg)	≤600	≤600	≤250	≤500	≤750

\*Note: Criteria for artificial trans fat is 0g.

## EAT WELL BREAKFAST CRITERIA

	BREAKFAST MEAL	BREAKFAST GRAINS, BREADS AND SIDES
Calories	≤400	≤250
Total Fat (g)	≤20	
Saturated Fat and Natural Trans Fat Combined*(g)	≤5	≤2
Sodium (mg)	≤600	
Sugars (g)		≤15
Others	If grain item, must have whole grain as first grain ingredient by weight	If grain item, must have whole grain as first grain ingredient by weight

\*Note: Criteria for artificial trans fat is 0g.

## EAT WELL SNACK CRITERIA

	PER PACKAGE
Total Calories	≤250
Total Fat (g)	≤10 (nuts, soy-nuts and seeds exempt if all other nutrient criteria are met)
Saturated Fat	≤3
Trans Fat (g)	
Sugar (g)	≤20 (unsweetened fruit exempt)
Sodium (mg)	≤230

\*Note: Candy and candy coated items do not meet the FIT criteria.