

## FIT Dining Criteria

	FULL MEAL OR COMBO PLATE	ENTRÉE ONLY	SIDE DISH	SOUP 8 FL OZ	SOUP 12 FL OZ
Calories	≤600	≤400	≤250		
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.

## FIT Breakfast Criteria

	BREAKFAST MEAL	BREAKFAST GRAINS, BREADS AND SIDES
Calories	≤400	≤250
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

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

## FIT Snack Criteria\*

	PER PACKAGE
Total Calories	≤250
Saturated Fat	≤3
Trans Fat (g)	0
Sugar (g)	≤20 (unsweetened fruit exempt)
Sodium (mg)	≤230

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

## FIT Beverage Criteria

### BETTER

#### MILK

- ✓ Low fat and nonfat dairy and non dairy milks, sweetened or unsweetened (≤150 calories per package)

#### JUICE

- ✓ Fruit juice, at least 50% juice with no added sweetener (≤150 calories per package)
- ✓ Vegetable juice, 100% (≤150 calories, ≤150mg sodium per package)
- ✓ Fruit and Vegetable juice blends, 100% juice no added sweetener (≤150 calories, ≤150mg sodium per package)

#### OTHER

- ✓ Lightly Sweetened Beverages (≤80 calories, ≤150mg sodium per package)
- ✓ Unsweetened Coconut Water
- ✓ Zero calorie sweetened beverages (excludes energy drinks)

### BEST

#### WATER

- ✓ Plain still
- ✓ Plain sparkling
- ✓ Still with fruit essence (no caloric or non-caloric sweetener)
- ✓ Sparkling with fruit essence (no caloric or non-caloric sweetener)
- ✓ Mineral water (≤10mg sodium/8oz)

#### COFFEE/TEA

- ✓ Unsweetened

