fuel Criteria

Items marked as Fuel meet the following criteria, which were developed by Eurest and EXOS Dietitians to support our Intel® Vitality Program.

Fuel Dining Criteria

	Complete Meal	Entrée Only	Side	Soup (8 oz)
Calories	≤ 600	≤ 400	≤ 200	≤ 250
Fat (g)	≤ 25	≤ 20	≤ 5	≤ 8
Saturated Fat (g)	≤ 5	≤ 5	≤ 2	-
Sodium (mg)	≤ 1100	≤ 700	≤ 400	≤ 650
Fiber (g)	≥ 4	-	-	≥ 4
Carbohydrate (g)	≤ 60	-	-	-
Protein (g)	≥ 15	≥ 15	≥ 1	≥ 2

Fuel Breakfast Criteria

	Complete Meal	Side*
Calories	≤ 400	≤ 250
Total Fat (g)	≤ 20	-
Sat Fat (g)	≤ 5	≤ 2
Sodium (mg)	≤ 600	-
Sugars (g)	-	≤ 15
Fiber (g)	≥ 3	≥ 2
Carbohydrate (g)	≤ 40	-
Protein (g)	≥ 15	-

*Breakfast side encompasses breakfast breads, pastries and sides.

Fuel Snack Criteria

	Per Package
Calories	≤ 250
Fiber (g)	≥ 1
Sugars (g)	≤ 20
Fat (g)	≤ 10*
Protein (g)	≥ 2
Sodium (mg)	≤ 250

*Nuts and seeds are exempt from the total fat criteria due to their fiber, Vitamin E and better fat content.

Fuel Beverage Criteria

Water
- ✓ Plain still
- ✓ Plain sparkling
- ✓ Still with fruit essence (no caloric sweetener or non-caloric sweetener)
- ✓ Sparkling with fruit essence (no caloric sweetener or non-caloric sweetener)
- ✓ Mineral water

*Portion size is based per bottled beverage, not per serving.

Coffee/Tea
- ✓ RTD (Ready to Drink) unsweetened coffee and tea (no caloric sweetener or non-caloric sweetener)

Milk
- ✓ Low fat and nonfat dairy and non dairy milks, unsweetened ≤ 150 calories

Fuel your wellness experience.

Perfect your portions using the tools you have on hand. Build your plate of whole grains, lean proteins, and healthy fats, no guesswork or micro measurements required.

**Lean protein =
one palm**

Tip: try to include one source at each meal

**Whole grains =
one fist**

Tip: aim for 3 grams of fiber or more per serving

**Vegetables =
two cupped hands**

Tip: the more colors, the better.

**Healthy fats =
one thumb**

Tip: focus on plants, fish, nuts, and seeds

Look for the fuel logo for all
Intel® Vitality Program approved meals.

fuel