



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

FIT Dining Criteria

| | FULL MEAL OR COMBO PLATE | SIDE DISH | ENTRÉE ONLY | SIDE DISH | SOUP 8 FL OZ | SOUP 12 FL OZ |
|--|--------------------------|-----------|-------------|-----------|--------------|---------------|
| 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.

FIT 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 | |

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

FIT 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) | 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 | BEST |
|---|---|
| <p>MILK</p> <ul style="list-style-type: none"> ✓ Low fat and nonfat dairy and non dairy milks, sweetened or unsweetened (≤150 calories per package) <p>JUICE</p> <ul style="list-style-type: none"> ✓ 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) <p>OTHER</p> <ul style="list-style-type: none"> ✓ Lightly Sweetened Beverages (≤80 calories, ≤150mg sodium per package) ✓ Unsweetened Coconut Water ✓ Zero calorie sweetened beverages (excludes energy drinks) | <p>WATER</p> <ul style="list-style-type: none"> ✓ 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) <p>COFFEE/TEA</p> <ul style="list-style-type: none"> ✓ Unsweetened |