

## EAT FIT

Our chefs and registered dietitians work together to bring peak flavor to menu items that are good for people and meet U.S. health guidelines.

## WHAT MAKES SOMETHING FIT?

FIT serves as a guide for items that meet dietary recommendations with regard to calories, fat, sodium and added sugar.



### FULL MEAL

**Calories per serving ≤600**

Sat. Fat ≤6g, Sodium ≤690mg,  
Added Sugar ≤15g



### ENTREE

**Calories per serving ≤500**

Sat. Fat ≤5g, Sodium ≤580mg,  
Added Sugar ≤12g



### SIDE

**Calories per serving ≤200**

Sat. Fat ≤2g, Sodium ≤230mg,  
Added Sugar ≤5g



### SNACK

**Calories per package ≤250**

Sat. Fat ≤3g, Sodium ≤290mg,  
Added Sugar ≤6g



### BAKERY & DESSERT

**Calories per serving ≤250**

Sat. Fat ≤3g, Sodium ≤290mg,  
Added Sugar ≤10g



### BEVERAGE

**Calories per serving ≤150**

Sat. Fat ≤2g, Sodium ≤150mg,  
Added Sugar ≤2g