

## 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 $\leq 600$**

Sat. Fat  $\leq 6$ g, Sodium  $\leq 690$ mg,  
Added Sugar  $\leq 15$ g



### ENTREE

#### **Calories per serving $\leq 500$**

Sat. Fat  $\leq 5$ g, Sodium  $\leq 580$ mg,  
Added Sugar  $\leq 12$ g



### SIDE

#### **Calories per serving $\leq 200$**

Sat. Fat  $\leq 2$ g, Sodium  $\leq 230$ mg,  
Added Sugar  $\leq 5$ g



### SNACK

#### **Calories per package $\leq 250$**

Sat. Fat  $\leq 3$ g, Sodium  $\leq 290$ mg,  
Added Sugar  $\leq 6$ g



### BAKERY & DESSERT

#### **Calories per serving $\leq 250$**

Sat. Fat  $\leq 3$ g, Sodium  $\leq 290$ mg,  
Added Sugar  $\leq 10$ g



### BEVERAGE

#### **Calories per serving $\leq 150$**

Sat. Fat  $\leq 2$ g, Sodium  $\leq 150$ mg,  
Added Sugar  $\leq 2$ g