

**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
Sodium (mg)	≤230
Sugar (g)	≤20 (unsweetened fruit exempt)

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

**FIT BEVERAGE CRITERIA**

BETTER	BEST
<p><b>MILK</b></p> <ul style="list-style-type: none"> <li>✓ Low fat and nonfat dairy and non dairy milks, sweetened or unsweetened (≤150 calories per package)</li> </ul> <p><b>JUICE</b></p> <ul style="list-style-type: none"> <li>✓ Fruit juice, at least 50% juice with no added sweetener (≤150 calories per package)</li> <li>✓ Vegetable juice, 100% (≤150 calories, ≤150mg sodium per package)</li> <li>✓ Fruit and Vegetable juice blends, 100% juice no added sweetener (≤150 calories, ≤150mg sodium per package)</li> </ul> <p><b>OTHER</b></p> <ul style="list-style-type: none"> <li>✓ Lightly Sweetened Beverages (≤80 calories, ≤150mg sodium per package)</li> <li>✓ Unsweetened Coconut Water</li> <li>✓ Zero calorie sweetened beverages (excludes energy drinks)</li> </ul>	<p><b>WATER</b></p> <ul style="list-style-type: none"> <li>✓ Plain still</li> <li>✓ Plain sparkling</li> <li>✓ Still with fruit essence (no caloric or non-caloric sweetener)</li> <li>✓ Sparkling with fruit essence (no caloric or non-caloric sweetener)</li> <li>✓ Mineral water (≤10mg sodium/8oz)</li> </ul> <p><b>COFFEE/TEA</b></p> <ul style="list-style-type: none"> <li>✓ Unsweetened</li> </ul>