

# Well Being Nutrition Criteria Guide

**Making it easier  
to choose well.**



Well Being



## Choosing well really adds up.

For example, if you opt for a Well Being meal versus a cheeseburger and fries, you can expect to save 2,000 calories and 11,380 milligrams of sodium in a 5-day workweek. That translates into losing 2 pounds a month, even if you change nothing else in your routine.



# Choosing well just got easier.

Well Being

As part of the Well Being initiative, Boeing offers convenient, healthful meals, entrées, side dishes and snacks at many Boeing-managed cafés. Bright-green Well Being stickers will help guide you to the healthful options.

Additional Well Being food offerings are available on catering menus and in vending machines.

Healthful offerings are based on the U.S. government's latest "Dietary Guidelines for Americans," designed to promote health and reduce the risk of chronic diseases and the prevalence of obesity.



## Use these guidelines to select healthful items.

Look for foods and drinks that provide fewer calories and less saturated fat, sodium, and sugar than listed below.

### Meal

Calories: 600  
Saturated fat: 5 g  
Sodium: 750 mg



### Entrée only

Calories: 400  
Saturated fat: 5 g  
Sodium: 600 mg



### Side dish

Calories: 250  
Saturated fat: 1 g  
Sodium: 250 mg



### Snack

Calories: 250  
Saturated fat: 3 g  
Sodium: 230 mg  
Sugar: 20 g per package  
(exception is unsweetened fruit)



### Beverage

Choose beverages that do not include artificial sweeteners and meet the below criteria.

**Water:** Filtered tap, 100%-fruit infused, seltzer and flavored (unsweetened).

**Milk:** Less than 1% fat, certified organic (or free of synthetic rBGH), and unsweetened dairy alternatives (if flavored, fewer than 150 calories per container).

**Juice:** 100% fruit or vegetable juice, or a blend of the two with no added sweeteners; fewer than 180 calories and 150 mg of sodium per container.

**Tea or coffee:** Unsweetened with only naturally occurring caffeine (can include 1% fat milk, creamer or dairy alternative).

**No- or low-calorie drink:** Light juice, bottled tea and other drinks with no more than 66 calories per 8 oz.





For more information about Boeing-sponsored cafeterias, visit <http://foodservices.web.boeing.com>.

