

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
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