

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