

FIT CRITERIA:

Items marked as FIT meet the following criteria, which were developed to be consistent with current dietary recommendations.

FIT DINING CRITERIA

	FULL MEAL OR COMBO PLATE	ENTRÉE ONLY	SIDE DISH	8 FL OZ SOUP	12 FL OZ SOUP
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	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
MILK <ul style="list-style-type: none"> Low fat and nonfat dairy and non dairy milks, sweetened or unsweetened (≤150 calories per package) 	OTHER <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)
JUICE <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) 	WATER <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)
COFFEE/TEA <ul style="list-style-type: none"> Unsweetened 	