

Eat Fit Nutrition Criteria

Appetizer, Soups, Side Salad

- Less than 300 calories
- Less than 400 mg sodium
- Less than 5 g animal saturated fats
- 0 g white refined carbs and trans fat
- Less than 5 g added sugar

Entrée or Entrée Salad

- Less than 600 calories
- Less than 800 mg sodium
- Less than 8 g animal saturated fats
- 0 g white refined carbs and trans fat
- Less than 5 g added sugar
- *Minimum of 20 g protein + fiber + fat*

Eat Fit KIDS

- Less than 400 calories
- Less than 600 mg sodium
- Less than 5 g animal saturated fats
- 0 g white refined carbs and trans fats
- Less than 5 g added sugar
- *Minimum of 20 g protein + fiber + fat*
- *Preferably 1 cup vegetable*
- *Encourage whole grain, whole fruit or non-fat dairy*

Snacks

- Less than 250 calories
- Less than 300 mg sodium
- Less than 5 g animal saturated fats
- 0 g white refined carbs and trans fats
- Less than 5 g added sugar
- *Minimum of 15 g protein + fiber + fat*

Breakfast

- Less than 300 calories
- Less than 600 mg sodium
- Less than 5 g added sugar
- Less than 5 g animal saturated fats
- 0 white refined carbs and trans fats
- *Minimum of 15 g protein + fiber + fat*

Juices

- At least 75% vegetable base
- No sugar added

Desserts, Sides, and Coffee

- Less than 175 calories
- Less than 300 mg sodium
- Less than 5 g animal saturated fats
- 0 g white refined carbs and trans fats
- Less than 5 g added sugar

Smoothies

- Less than 300 calories
- Less than 400 mg sodium
- Less than 5 g added sugar
- Less than 5 g animal saturated fats
- 0 white refined carbs and trans fats
- *Preferably 20 g protein*
- *Preferably no fruit juices (even 100%)*
 - *Maximum allowed is 2 ounces*

Cocktails

- Less than 150 calories
- No more 2 oz alcohol
- 0 g added sugar

