

# 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		
Total Fat (g)	≤25	≤20			
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
Total Fat (g)	≤20	
Saturated Fat and Natural Trans Fat Combined*(g)	≤5	≤2
Sodium (mg)	≤600	≤15
Sugars (g)		
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
Total Fat (g)	≤10 (nuts, soy-nuts and seeds exempt if all other nutrient criteria are met)
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
<b>MILK</b> <ul style="list-style-type: none"> <li>Low fat and nonfat dairy and non dairy milks, sweetened or unsweetened (≤150 calories per package)</li> </ul>	<b>WATER</b> <ul style="list-style-type: none"> <li>Plain still</li> <li>Plain sparkling</li> <li>Still with fruit essence (no caloric or non-caloric sweetener)</li> <li>Sparkling with fruit essence (no caloric or non-caloric sweetener)</li> <li>Mineral water (≤10mg sodium/8oz)</li> </ul>
<b>JUICE</b> <ul style="list-style-type: none"> <li>Fruit juice, at least 50% juice with no added sweetener (≤150 calories per package)</li> <li>Vegetable juice, 100% (≤150 calories, ≤150mg sodium per package)</li> <li>Fruit and Vegetable juice blends, 100% juice no added sweetener (≤150 calories, ≤150mg sodium per package)</li> </ul>	<b>COFFEE/TEA</b> <ul style="list-style-type: none"> <li>Unsweetened</li> </ul>
<b>OTHER</b> <ul style="list-style-type: none"> <li>Lightly Sweetened Beverages (≤80 calories, ≤150mg sodium per package)</li> <li>Unsweetened Coconut Water</li> <li>Zero calorie sweetened beverages (excludes energy drinks)</li> </ul>	

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