

GOOD4YOU Eat Healthy

NUTRITION CRITERIA

Healthy ENTRÉES†

Calories	No more than 500 calories
Total Fat	No more than 15 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 4 grams per 400 cal.)
Trans Fat	0 grams
Sodium	No more than 480 milligrams
Sugar	No more than 15 grams**
Fiber	At least 2 grams (if product is grain/potato-based such as granola bars, crackers, pretzels, cookies, chips, etc.)
Produce	Refrigerated machines should stock fruit and vegetable items.

† Entrées include items such as wraps, sandwiches, soups and other main course items served a la carte.

Healthy MEALS

Calories	No more than 750 calories
Total Fat	No more than 25 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 7.5 grams fat per 750 calories)
Trans Fat	0 grams
Sodium	No more than 900 milligrams
Sugar	No more than 25 grams**
Fiber	At least 2 grams fiber (if product is grain/potato-based, such as granola bars, crackers, pretzels, cookies, chips, etc.)

* excluding nuts, seeds, cheese and products containing nuts or nut butters

** excluding fruits and vegetables that do not contain added sweeteners or fats

Based on the American Heart Association – Recommended Standards for Procurement of Foods and Beverages Offered in the Workplace



Look for the Good4You labels!

GOOD4YOU



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Healthy BEVERAGES

Water	sparkling, seltzer or flavored water
100% Fruit Juice	≤ 180 calories per 12 ounce serving, no added sweeteners
No or Low-Calorie Beverages	≤ 10 calories per 8 ounce serving
Mid-Calorie Beverages	≤ 66 calories per 8 ounce serving
Fat-Free or Low-Fat (1%) Milk	
Flavored Milk or Milk Alternatives	≤ 150 calories per 8 ounce serving
Unsweetened Teas	regular or herbal, hot or cold
Coffee	with 1% or lower fat milk or creamers, soy alternatives

Healthy SNACKS, DESSERTS AND SIDE DISHES

Calories	No more than 200 calories
Total Fat	No more than 7 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 2 grams per 200 cal.)
Trans Fat	0 grams
Sodium	No more than 230 milligrams
Sugar	No more than 10 grams**
Fiber	At least 2 grams (if product is grain/potato-based such as granola bars, crackers, pretzels, cookies, chips, etc.)

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** excluding fruits and vegetables that do not contain added sweeteners or fats

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