

FIT DEFINED

WHAT MAKES SOMETHING FIT?

Items marked as FIT meet the following criteria, which was developed to be consistent with current dietary recommendations. All FIT items use recipes which are reviewed by FLIK Registered Dietitians.



FULL MEAL OR COMBO

Calories: ≤ 600
Sat Fat (g): ≤ 6
Sodium (mg): ≤ 690
Added Sugar (g): ≤ 15



SIDE DISH

Calories: ≤ 200
Sat Fat (g): ≤ 2
Sodium (mg): ≤ 230
Added Sugar (g): ≤ 5

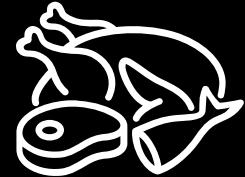


BEVERAGES

Per container:
Calories: ≤ 150
Sat Fat (g): ≤ 2
Sodium (mg): ≤ 150
Added Sugar (g): ≤ 2
Caffeine (mg): ≤ 150
*No non-nutritive sweeteners

MAIN ENTREE OR SOUP

Calories: ≤ 500
Sat Fat (g): ≤ 5
Sodium (mg): ≤ 580
Added Sugar (g): ≤ 12



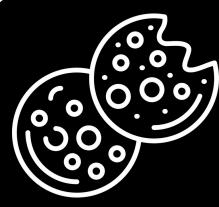
SNACKS

Per container:
Calories: ≤ 250
Sat Fat (g): ≤ 3
Sodium (mg): ≤ 290
Added Sugar (g): ≤ 6



DESSERT & BAKERY

Calories: ≤ 250
Sat Fat (g): ≤ 3
Sodium (mg): ≤ 290
Added Sugar (g): ≤ 10



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