

# 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:  $\leq 600$   
Sat Fat (g):  $\leq 6$   
Sodium (mg):  $\leq 690$   
Added Sugar (g):  $\leq 15$



### SIDE DISH

Calories:  $\leq 200$   
Sat Fat (g):  $\leq 2$   
Sodium (mg):  $\leq 230$   
Added Sugar (g):  $\leq 5$

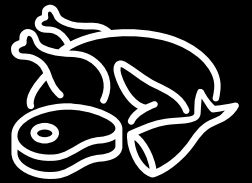


### BEVERAGES

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

### MAIN ENTREE OR SOUP

Calories:  $\leq 500$   
Sat Fat (g):  $\leq 5$   
Sodium (mg):  $\leq 580$   
Added Sugar (g):  $\leq 12$



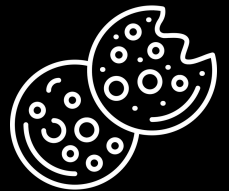
### SNACKS

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



### DESSERT & BAKERY

Calories:  $\leq 250$   
Sat Fat (g):  $\leq 3$   
Sodium (mg):  $\leq 290$   
Added Sugar (g):  $\leq 10$



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