

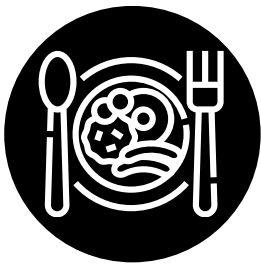


DEFINED

WHAT MAKES SOMETHING **Bwell**?

Items marked as **Bwell** meet the following criteria, which was developed to be consistent with current dietary recommendations.

All **Bwell** items use recipes which are reviewed by FLIK Registered Dietitians.



FULL MEAL OR COMBO

Calories: ≤ 600
Sat Fat (g): ≤ 5
Sodium (mg): ≤ 600



MAIN ENTREE

Calories: ≤ 400
Sat Fat (g): ≤ 5
Sodium (mg): ≤ 600



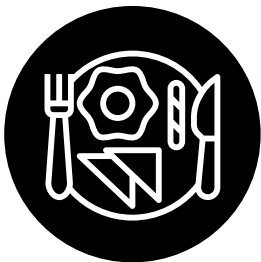
SIDE DISH

Calories: ≤ 250
Sat Fat (g): ≤ 2
Sodium (mg): ≤ 250



8/12 OZ SOUP

Sat Fat (g): $\leq 2/3$
Sodium (mg): $\leq 500/750$



BREAKFAST MEAL

Calories: ≤ 400
Sat Fat (g): ≤ 5
Sodium (mg): ≤ 600



BREAKFAST SIDE

Calories: ≤ 250
Sat Fat (g): ≤ 2
Sodium (mg): ≤ 250
Sugar (g): ≤ 15



BEVERAGES

Per Container
Milk: ≤ 150 calories
Juice: ≤ 150 calories
Water: 0 calories, no artificial sweetener



SNACKS

Calories: ≤ 250
Sat Fat (g): ≤ 3
Sodium (mg): ≤ 230
Sugar (g): ≤ 20

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