



# Be Well

# DEFINED

## WHAT MAKES SOMETHING BE WELL?

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

All Be Well items use recipes which are reviewed by FLIK Registered Dietitians.



### FULL MEAL OR COMBO

Calories:  $\leq 600$   
Total Fat (g):  $\leq 25$   
Sat Fat (g):  $\leq 5$   
Sodium (mg):  $\leq 600$



### MAIN ENTREE

Calories:  $\leq 400$   
Total Fat (g):  $\leq 20$   
Sat Fat (g):  $\leq 5$   
Sodium (mg):  $\leq 600$



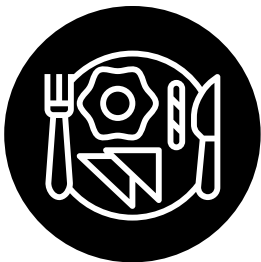
### SIDE DISH

Calories:  $\leq 250$   
Sat Fat (g):  $\leq 2$   
Sodium (mg):  $\leq 250$



### 8/12 OZ SOUP

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



### BREAKFAST MEAL

Calories:  $\leq 400$   
Total Fat (g):  $\leq 20$   
Sat Fat (g):  $\leq 5$   
Sodium (mg):  $\leq 600$



### BREAKFAST SIDE

Calories:  $\leq 250$   
Sat Fat (g):  $\leq 2$   
Sodium (mg):  $\leq 250$   
Sugar (g):  $\leq 15$



### BEVERAGES

Per Container  
Milk:  $\leq 150$  calories  
Juice:  $\leq 150$  calories  
Water: 0 calories, no artificial sweetener



### SNACKS

Calories:  $\leq 250$   
Fat (g):  $\leq 10$   
Sat Fat (g):  $\leq 3$   
Sodium (mg):  $\leq 230$   
Sugar (g):  $\leq 20$

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