

NOURISHING YOUR NEEDS

NUTRITION ICONS DEFINED



HEALTHY HABITS (H²)

Identifies menu items which are moderate in calories, fat, and sodium. Use this icon as a guide to healthier foods in the right portions, which complements an overall healthier lifestyle.



VEGETARIAN

Identifies food items that do not contain meat, fish or poultry but may contain milk products and/or eggs.



VEGAN

Identifies food items that contain absolutely no ingredients from animals or animal byproducts; such as: milk products, eggs, honey, gelatin, whey, casein, rennet.



H² FAQs

WHAT IS H²?

H² represents menu items which are moderate in calories, fat, and sodium. Use this icon as a guide to healthier foods in the right portions, which complements an overall healthier lifestyle. Recipes are chef driven and Registered Dietitian approved to ensure wellness and flavor. H² guidelines are consistent with current dietary recommendations for healthy eating. We use recipes for these menu items providing you with accurate nutrition information to support you in wellness journey.

HOW DOES H² MEASURE UP?

H² criteria is created based on current dietary recommendations for healthy eating. There is specific criteria from all components of a meals including: breakfast, entrees, sides, soups, beverages and snacks.

WHERE CAN I FIND H² MEALS / SNACKS?


H² meals and snacks are available throughout The District. Items will be labeled with the H², vegan, and vegetarian icon and will have caloric information.

WHERE CAN I FIND MORE H² INFORMATION?

For more information, please visit our dining website at www.AOCDining.com or reach out to your registered dietitian, Remy Shields (Coltek), RDN, LDN, at remy.coltek@compass-usa.com.



H² CRITERIA

FULL MEAL OR COMBO		MAIN ENTREE	
	CALORIES: ≤ 600 SAT FAT (G): ≤ 5 SODIUM (MG): ≤ 600		CALORIES: ≤ 400 TOTAL FAT (G): ≤ 20 SAT FAT (G): ≤ 5 SODIUM (MG): ≤ 600
SIDE DISH		SOUP (8-12 OZ)	
	CALORIES: ≤ 250 SAT FAT (G): ≤ 2 SODIUM (MG): 250		SAT FAT (G): ≤ 2/3 SODIUM (MG): ≤ 500
BREAKFAST MEAL		BREAKFAST SIDES	
	CALORIES: ≤ 400 TOTAL FAT (G): ≤ 20 SAT FAT (G): ≤ 5 SODIUM (MG): ≤ 600		CALORIES: ≤ 250 SAT FAT (G): ≤ 2 SODIUM (MG): ≤ 250 SUGAR (G) ≤ 15
BEVERAGES		SNACKS	
	MILK: ≤ 150 CAL JUICE: ≤ 150 CAL WATER: 0 CAL (NO ARTIFICIAL SWEETENER)		CALORIES: ≤ 250 FAT (G): ≤ 10 SAT FAT (G): ≤ 3 SODIUM (MG): ≤ 230 SUGAR (G): ≤ 20