

# NOURISHING YOUR NEEDS

NUTRITION ICONS DEFINED



## HEALTHY HABITS (H<sup>2</sup>)

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.



## AVOIDING GLUTEN

Identifies food items prepared in our kitchens that are made without gluten containing ingredients.



## 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.



## H<sup>2</sup> F A Q S

### **WHAT IS H<sup>2</sup>?**

H<sup>2</sup> 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. H<sup>2</sup> 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 H<sup>2</sup> MEASURE UP?**

H<sup>2</sup> 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 which can be viewed on the following page!

### **WHERE CAN I FIND H<sup>2</sup> MEALS / SNACKS?**

H<sup>2</sup> meals and snacks are available throughout the café and coffee bars. Items will have a sign at the station that will provide calorie, fat, sodium and additional information.


### **WHERE CAN I FIND MORE H<sup>2</sup> INFORMATION?**

For more information, please visit our dining website at [www.AOCDining.com](http://www.AOCDining.com) or reach out to your registered dietitian, Olivia Bubri MS, RDN, LD at [olivia.bubri@compass-usa.com](mailto:olivia.bubri@compass-usa.com).

Follow our FLIK blog for healthy recipes and trending wellness topics.



## H<sup>2</sup> 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