

NOURISHING YOUR NEEDS

NUTRITION ICONS DEFINED



FIT

Identifies healthier menu options which are moderate in calories, fat, and sodium.



AVOIDING MILK

Identifies food items that are made without milk containing ingredients.



VEGETARIAN

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



AVOIDING GLUTEN

Identifies food items that are made without gluten containing ingredients.



VEGAN

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



PLANT CENTRIC

Identifies food items with no more than 2oz of animal or seafood ingredients (meat, poultry, dairy, egg, seafood) and is at least 50% fruit, vegetables or whole grains.



DEFINED

WHAT MAKES SOMETHING FIT?

Items marked as Wellness Works 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: ≤ 600
Total Fat (g): ≤ 25
Sat Fat (g): ≤ 5
Sodium (mg): ≤ 600



MAIN ENTREE

Calories: ≤ 400
Total Fat (g): ≤ 20
Sat Fat (g): ≤ 5
Sodium (mg): ≤ 600



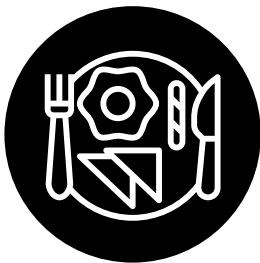
SIDE DISH

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
Total Fat (g): ≤ 20
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
Fat (g): ≤ 10
Sat Fat (g): ≤ 3
Sodium (mg): ≤ 230
Sugar (g): ≤ 20