

What is **FIT** ?

Criteria designed to evaluate the nutritional quality of meals and menu components. All items that are labeled **FIT** have been tested by FLIK chefs and analyzed for nutrition information and quality by FLIK Registered Dietitians. **FIT** recipes reflect the latest research in food science and nutrition, as well as market research on corporate dining and food trends.

How **FIT** Measures up

	FULL MEAL OR COMBO PLATE	ENTRÉE ONLY	SIDE DISH	8 FL OZ SOUP	12 FL OZ SOUP
Calories	≤600	≤400	≤250		
Total Fat (g)	≤25	≤20	≤5		
Saturated Fat and Natural Trans Fat Combined*(g)	≤5	≤5		≤2	≤3
Sodium (mg)	≤600	≤600	≤250	≤500	≤750

*Note: Trans fats listed above are naturally occurring such as those in animal and dairy products not added/artificial trans fats such as those in baked goods and snack foods for which our standard is 0g.

Where to Find **FIT**


Look for **FIT** items throughout the café, coffee bar and pantries.

FIT items will have a nutrition identifier, that will provide calories, sat fat, sodium and additional information.

Scan the barcode with your phone in the MyFitnessPal apps to add to your meal to your food diary and see additional nutrition information. You can also search by "FLIK".

Chicken, Avocado,
Tomato, Thin

Serving Size: 1 sandwich

Calories	330	FIT
Sat Fat (g)	2	
Sodium (mg)	370	
Sugars (g)	4	
Protein (g)	32	
		

Functional Foods and Promotions

Each month FLIK brings an innovative wellness promotion and seasonal functional food to the table. These promotions focus on innovative wellness concepts that leave you wanting more.



More Information

For more information on healthful eating and wellness visit our blog

www.FLIK-usa.com/blog/wellness



DINING CRITERIA:

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

FIT DINING CRITERIA

	FULL MENU OR COMBO PLATE	ENTRÉE ONLY	SIDE DISH	12 FL OZ SOUP
Calories	≤600	≤400	≤250	
Total Fat (g)	≤25	≤20	≤5	
Saturated Fat and Natural Trans Fat Combined* (g)	≤5	≤5		≤3
Sodium (mg)	≤600	≤600	≤250	≤750

*Note: Trans fats listed above are naturally occurring such as those in animal and dairy products not added/artificial trans fats such as those in baked goods and snack foods for which our standard is 0g.

FIT BREAKFAST CRITERIA

	BREAKFAST MEAL	BREAKFAST GRAINS, BREADS AND SIDES
Total Calories	≤450	≤250
Total Fat (g)	≤25	
Saturated Fat and Natural Trans Fat combined* (g)	≤5	≤2
Sugar (g)		≤15
Sodium (mg)	≤600	≤250
Other	If grain item, must have whole grain as first grain ingredient by weight	If grain item, must have whole grain as first grain ingredient by weight

*Note: Criteria for artificial trans fat is 0g

FIT SNACK CRITERIA

	PER PACKAGE
Total Calories	≤250
Total Fat (g)	≤10 (unsalted nuts, soy nuts and seeds exempt)
Saturated Fat (g)	≤3
Trans Fat (g)	0
Sugar (g)	≤20 (unsweetened fruit exempt)
Sodium (mg)	≤230

*Note: Candy and candied coated items do not meet the FIT criteria

FIT BEVERAGE CRITERIA

BETTER	BEST
--------	------

- MILK**
- Low fat and nonfat dairy and non dairy milks, sweetened or unsweetened (≤150 calories per package)

- JUICE**
- 100% Fruit juice (≤12 oz. package)
 - Vegetable juice, 100% (≤150 calories, ≤150 mg sodium per package)

- OTHER**
- Lightly sweetened beverages (≤80 calories, ≤150 mg sodium per package)
 - Unsweetened coconut water

- WATER**
- Plain still
 - Plain sparkling
 - Still with fruit essence (no caloric or non-caloric sweetener)
 - Sparkling with fruit essence (no caloric or non-caloric sweetener)
 - Mineral water (≤10 mg sodium/8oz.)

- COFFEE/TEA**
- Unsweetened