

# What is ?

Criteria designed to evaluate the nutritional quality of meals or menu components. All items that are labeled Be Well items have been tested by FLIK chefs and analyzed for nutrition information by FLIK Registered Dietitians. Criteria was developed by a team of chefs, Registered Dietitians, and food service experts. They reflect the latest research in food science and nutrition, as well as market research on corporate dining.


## How 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

Look for  throughout The Marche, Mr. Merchant and Wired.

 items will have a nutrition identifier, that will provide calorie, fat, sodium and additional information.

Scan the barcode with your phone and MyFitnessPal or LoseIt apps to add to your meal

### Reduced Fat Oatmeal Raisin Cookie

Serving Size: 1 each

Calories	160
Sat Fat (g)	0
Sodium (mg)	95
Total Carb (g)	36
Protein (g)	3



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## More Information

### BLOG

For more information on healthful eating and wellness visit our blog

[www.FLIK-usa.com/blog/wellnes](http://www.FLIK-usa.com/blog/wellnes)

### DINING WEBSITE

<http://flikcafes.compass-usa.com/ncr>

## Contact

### Food Program Dietitian

Sandra Koehler, RDN LDN  
703-869-4493

sandra.koehler@compass-usa.com



# DINING CRITERIA:

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

## BE WELL 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.

## BE WELL BREAKFAST

	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

## BE WELL 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

## BE WELL BEVERAGE CRITERIA

BETTER	BEST
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### 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