



DEFINED

WHAT MAKES SOMETHING FIT?

Items marked as FIT 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 PLATE

Calories: ≤ 600
Sat Fat (g): ≤ 7
Sodium (mg): ≤ 600
includes vegetarian entrees and sandwiches



MAIN ENTREE

Calories: ≤ 400
Sat Fat (g): ≤ 5
Sodium (mg): ≤ 500



SIDE DISH

Calories: ≤ 200
Sat Fat (g): ≤ 2
Sodium (mg): ≤ 100



8 FL OZ SOUP

Calories: ≤ 250
Sat Fat (g): ≤ 2
Sodium (mg): ≤ 500



BEVERAGES

Per Container
Calories: ≤ 110
Sat Fat (g): ≤ 2
Trans Fat (g): 0
Sodium (mg): < 150
Sugar (g): < 5
no artificial sweetener (includes sucralose, aspartame, saccharine, and the like, added to many items marked "diet" or "sugar free")



SNACKS

Per Serving
Calories: ≤ 250
Sat Fat (g): ≤ 3
Trans Fat (g): 0
Sodium (mg): < 200
Sugar (g): ≤ 10
unsweetened fruit exempt

scan here for more wellness information

