



# DEFINED

## WHAT MAKES SOMETHING **Fuel**?

Items marked as **Fuel** meet the following criteria, which was developed to be consistent with current dietary recommendations. All **Fuel** items use recipes which are reviewed by FLIK Registered Dietitians.



### FULL MEAL OR COMBO

Calories:  $\leq 600$   
Sat Fat (g):  $\leq 5$   
Sodium (mg):  $\leq 600$



### MAIN ENTREE

Calories:  $\leq 400$   
Sat Fat (g):  $\leq 5$   
Sodium (mg):  $\leq 600$



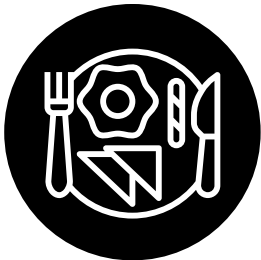
### SIDE DISH

Calories:  $\leq 250$   
Sat Fat (g):  $\leq 2$   
Sodium (mg):  $\leq 250$



### 8/12 OZ SOUP

Sat Fat (g):  $\leq 2/3$   
Sodium (mg):  $\leq 500/750$



### BREAKFAST MEAL

Calories:  $\leq 400$   
Sat Fat (g):  $\leq 5$   
Sodium (mg):  $\leq 600$



### BREAKFAST SIDE

Calories:  $\leq 250$   
Sat Fat (g):  $\leq 2$   
Sodium (mg):  $\leq 250$   
Sugar (g):  $\leq 15$



### BEVERAGES

Per Container  
Milk:  $\leq 150$  calories  
Juice:  $\leq 150$  calories  
Water: 0 calories, no artificial sweetener



### SNACKS

Calories:  $\leq 250$   
Sat Fat (g):  $\leq 3$   
Sodium (mg):  $\leq 230$   
Sugar (g):  $\leq 20$

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