

# Morrison Healthcare FIT Criteria



Items marked as FIT meet the following criteria, developed to be consistent with current dietary recommendations

## FIT Dining Criteria

	Full Meal or Combo	Entrée	Side Dish	
Calories	<600	<400	<250	<b>To make it a Wellness Combo, the meal should be:</b> <600 Calories <10% Calories from Saturated Fat <720mg Sodium  <b>It should also include:</b> 1. Lean meat, poultry, fish, or alt. (2 oz.) 2. Fruit (1/2 cup) 3. Non-fried vegetable (1 cup) 4. Whole grain (2 oz.)
Saturated Fat (% of calories)	<10%	<10%	<10%	
Sodium (mg)	<720	<600	<200	

### Children's Wellness Combo must be:

- <560 Calories
- <10% Calories from Saturated Fat
- <665mg Sodium

### It should also include:

1. Lean meat/poultry/fish or alternative (1.75 oz.)
2. Fruit (1/2 cup minimum)
3. Non-fried Vegetable (3/4 cup)
4. Whole grain (1.75 oz.)
5. Dairy or equivalent (1 cup)

## FIT Register Criteria

	Per Package
Total Calories	<200
Saturated Fat	<10% of calories
Trans Fat (g)	0
Sugar (g)	<35% calories or weight of total sugars
Sodium (mg)	<200

*\*Note: Candy and candy coated items do not meet the FIT criteria. Unsalted nuts, soynuts, and seeds exempt. Unsweetened fruit exempt.*

## FIT Beverage Criteria

Better	Best
<b>MILK</b> <ul style="list-style-type: none"> <li>▪ Low-fat and nonfat and soy beverages (≤130 calories/8 oz.)</li> <li>▪ No more than 12 oz. portions</li> </ul>	<b>WATER</b> <ul style="list-style-type: none"> <li>▪ Plain still</li> <li>▪ Plain sparkling/carbonated</li> <li>▪ Still with fruit essence (no added caloric sweetener)</li> <li>▪ Sparkling with fruit essence (no added caloric sweetener)</li> </ul>
<b>JUICE</b> <ul style="list-style-type: none"> <li>▪ 100% fruit or vegetable juice or fruit juice combined with water (0 to 8 oz. portions)</li> <li>▪ No added caloric sweeteners, and ≤150 mg sodium per portion</li> </ul>	
<b>OTHER</b> <ul style="list-style-type: none"> <li>▪ Low-to-mid-calorie beverages (≤40 calories/container)</li> <li>▪ Pre-packaged coffee or tea beverages (≤40 calories/container)</li> <li>▪ Prepared coffee or tea beverages (i.e. cappuccino, latte) milk must be low-fat/nonfat with no added caloric sweetener (≤12 oz.)</li> </ul>	

