Morrison Healthcare FIT Criteria

FIT Dining Criteria

<table>
<thead>
<tr>
<th></th>
<th>Full Meal or Combo</th>
<th>Entrée</th>
<th>Side Dish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>&lt;600</td>
<td>&lt;400</td>
<td>&lt;250</td>
</tr>
<tr>
<td>Saturated Fat (% of calories)</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>&lt;720</td>
<td>&lt;600</td>
<td>&lt;200</td>
</tr>
</tbody>
</table>

Children’s Wellness Combo must be:
- <650 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

<table>
<thead>
<tr>
<th></th>
<th>Per Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories</td>
<td>&lt;200</td>
</tr>
<tr>
<td>Saturated Fat (% of calories)</td>
<td>&lt;10%</td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0</td>
</tr>
<tr>
<td>Sugar (g)</td>
<td>&lt;35% calories or weight of total sugars</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>&lt;200</td>
</tr>
</tbody>
</table>

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

FIT Beverage Criteria

MILK
- Low-fat and nonfat and soy beverages (≤130 calories/8 oz.)
- No more than 12 oz. portions

JUICE
- 100% fruit or vegetable juice or fruit juice combined with water (0 to 8 oz. portions)
- No added caloric sweeteners, and ≤150 mg sodium per portion

OTHER
- Low-to-mid-calorie beverages (≤40 calories/container)
- Pre-packaged coffee or tea beverages (≤40 calories/container)
- Prepared coffee or tea beverages (i.e. cappuccino, latte) milk must be low-fat/nonfat with no added caloric sweetener (≤12 oz.)

WATER
- Plain still
- Plain sparkling/carbonated
- Still with fruit essence (no added caloric sweetener)
- Sparkling with fruit essence (no added caloric sweetener)

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