



What Are Healthy IU Meal Guidelines?

Healthy IU embraces the national Reach Healthy Communities nutritional guidelines, summarized below.

Nutrition Criteria for a Healthy Meal

- 500-600 calories per meal
- Max 10% calories from saturated fat
- No trans fat
- Less than 1000 mg sodium per meal
- Includes two or more of the following: fruit/vegetable, whole grain, lean protein

Side Item Nutrition Criteria

- Less than 250 calories
- Max 10% calories from saturated fat
- No trans fat
- Less than 500 mg sodium

Healthy Beverage Guidelines

Water is the healthiest choice and should be identified as the preferred choice.

**LOOK FOR THIS
SYMBOL!**

This Meal Meets

