



Beverage Criteria

Criteria (per Package)	Products	
0 Calories	Water Still & Sparkling Still & Sparkling with fruit essence Mineral Water	Best Options
0 Calories	Coffee/Tea Unsweetened	
≤ 150 Calories	Milk Low fat/non fat dairy non dairy milk Sweetened or unsweetened	Better Options
≤ 150 Calories	Fruit Juice 50% with no added sweetener	
≤ 150 Calories ≤ 150mg Sodium	Vegetable Juice 100%	
≤ 150 Calories ≤ 150mg Sodium	Fruit and Vegetable Juice blends 100% juice no added sweetener	
≤ 80 Calories ≤ 150mg Sodium	Lightly Sweetened Beverages	
Diet sodas, excludes energy drinks	Zero Calories artificially sweetened beverages	

Snack Criteria

Nutrients	Criteria (per package)
Total Calories	≤250
Total Fat (g)	≤10g*
Saturated Fat (g)	≤3g
Trans Fat (g)	0
Sugar (g)	≤20 **
Sodium (mg)	≤230

Fresh Food Criteria

Nutrients	Criteria (per package)
Total Calories	≤600
Total Fat (g)	≤15g*
Trans Fat (g)	0
Sodium (mg)	≤800

Nutritional criteria:

- Developed by registered dietitians and culinary experts
- Based on the latest nutrition, consumer research and legislation
- Renews our commitment to the well being of our clients and consumers

* unsalted nuts, soynuts and seeds exempt
 ** unsweetened dried fruit exempt

Create A Healthy Lifestyle



