



THIS IS WHAT IT TAKES TO BE MINDFUL...



PLATES

(Contain at least 1 serving from each: protein starch, veg/fruit)



ENTREES

(Center plate protein, pizza, sandwiches, etc.)



SIDES



SOUPS

(8 oz)



DESSERT/SNACKS

(Meet all of the criteria down this column OR 4 of the criteria AND must have at least 10% of the Daily Value of one or more major nutrients, such as Vitamin A, C, E, Iron, Calcium or Protein)

KCAL	less than or equal to 600	less than or equal to 550	less than or equal to 225	less than or equal to 225	less than or equal to 200
Total Fat	less than or equal to 35% of calories from fat OR less than or equal to 15g	less than or equal to 35% of calories from fat OR less than or equal to 15g	less than or equal to 35% of calories from fat OR less than or equal to 8g	less than or equal to 35% of calories from fat OR less than or equal to 8g	less than or equal to 35% of calories from fat OR less than or equal to 8g
Saturated Fat	less than or equal to 10% of calories from saturated fat	less than or equal to 10% of calories from saturated fat	less than or equal to 10% of calories from saturated fat	less than or equal to 10% of calories from saturated fat	less than or equal to 10% of calories from saturated fat
Trans. Fat	TRANS. FAT FREE! (less than 0.5g)	TRANS. FAT FREE! (less than 0.5g)	TRANS. FAT FREE! (less than 0.5g)	TRANS. FAT FREE! (less than 0.5g)	TRANS. FAT FREE! (less than 0.5g)
Cholesterol	less than or equal to 100mg	less than or equal to 100mg	less than or equal to 5mg	less than or equal to 25mg	less than or equal to 20mg
Sodium	less than or equal to 800mg	less than or equal to 700mg	less than or equal to 300mg	less than or equal to 700mg	less than or equal to 300mg
Other	more than or equal to 3g Fiber				more than or equal to 1g Fiber