

<b>Mindful Nutrient Criteria</b>							
	Kcal	Total Fat	Sat Fat	Trans Fat	<u>Chol</u>	Sodium	Other
<b>Plates</b> (contain at least 1 serving from each: protein, starch, veg/fruit)	≤ 600	≤ 35% of calories from fat OR ≤ 15g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 100mg	≤ 800mg	≥ 3g fiber
<b>Entrées</b> (i.e.: center plate protein, pizza, sandwiches, grill items, entrée salads without protein or starch)	≤ 550	≤ 35% of calories from fat OR ≤ 15g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 100mg	≤ 700mg	
<b>Sides</b>	≤ 225	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 5mg	≤ 300mg	
<b>Soups</b> (8 oz.)	≤ 225	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 25mg	≤ 700mg	
<b>Desserts and Snacks</b> (OR 4 of the <u>criteria</u> 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)	≤ 200	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 20mg	≤ 300mg	≥ 1g fiber