

## MHealthy CVC Nutrition Guidelines

It's now easier to choose foods that support heart health. Use this citrus circle to help you make more informed food choices. The more slices filled, the more nutrient dense\* the food!

	0 criteria met	1 criteria met	2 criteria met	3 criteria met	4 criteria met
<b>Bars</b> (per serving) <b>Criteria</b> <ul style="list-style-type: none"> <li>• First 2 ingredients are nuts, nut butters, whole fruits, seeds, egg white or whole grains</li> <li>• No added supplements, vitamins, or minerals</li> <li>• 10% kcal or less added sugar</li> <li>• 7% kcal or less saturated fat</li> </ul>					
<b>Bread Products</b> (per serving- sliced bread, buns, croissants, bagels, tortillas, pancakes) <b>Criteria</b> <ul style="list-style-type: none"> <li>• 7% kcal or less saturated fat</li> <li>• 2.5 g or more fiber</li> <li>• 10% kcal or less added sugar</li> <li>• First ingredient is whole grain</li> <li>• 300 mg or less sodium</li> </ul>					

\*Nutrient dense means: **More:** fruits, vegetables, healthy fats, whole grains and fiber • **Less:** saturated fats, added sugars and sodium

Less nutrient dense



More nutrient dense



**Cereals** (per serving)

**Criteria**

- 10% kcal or less added sugar
- 7% kcal or less saturated fat
- First ingredient is whole fruit, whole grain, nut, OR seed
- 2.5 g or more fiber
- 300 mg or less sodium

0-1 criteria met

2 criteria met

3 criteria met

4 criteria met

5 criteria met

**Desserts/Baked Goods** (per serving)

**Criteria**

- 7% kcal or less saturated fat
- 2.5 g or more fiber
- 10% kcal or less added sugar
- First ingredient is whole grain, whole fruit, vegetable, nut or seed
- 300 mg or less sodium

0-1 criteria met

2 criteria met

3 criteria met

4 criteria met

5 criteria met

**Entrees/Sandwiches**

(based on >=8 oz.; numbers are pro-rated for smaller servings)

**Criteria**

- 7% kcal or less saturated fat
- 600 mg or less sodium
- 5 g or more fiber
- 7 g or more protein

0 criteria met

1 criteria met

2 criteria met

3 criteria met

4 criteria met

Less nutrient dense

More nutrient dense



### Pre-packaged Snacks

(per serving on the nutrition label, not the whole package if there are multiple servings)

#### Criteria

- 10% kcal or less added sugar
- 7% kcal or less saturated fat
- 240 mg or less sodium
- 2.5 grams or more fiber
- First ingredient is intact fruit, vegetable, oats, protein, corn in the whole form (popcorn), nuts, or seeds
  - » Items meeting this criteria have a fiber exception

\*Nuts/seeds and nut/seed mixtures have a fiber and saturated fat exception.

0-1 criteria met

2 criteria met

3 criteria met

4 criteria met

5 criteria met

### Salad Dressings and Condiments

(per 2 tbsp or 1 oz.)

#### Criteria

- 7% kcal or less saturated fat
- 140 mg or less sodium
- 10% kcal or less added sugar
- No artificial sweeteners or coloring

0 criteria met

1 criteria met

2 criteria met

3 criteria met

4 criteria met

### Smoothies (per 16 fluid ounces)

#### Criteria

- 2.5 g or more fiber
- 10% kcal or more protein
- Vegetable included
- 10% kcal or less added sugar






0 criteria met






1 criteria met

2 criteria met






3 criteria met

4 criteria met

	Less nutrient dense	←—————→			More nutrient dense
					
<b>Animal &amp; Plant-Based Proteins</b> (per 3.5 oz cooked or 1 oz. cheese) <b>Criteria</b> <ul style="list-style-type: none"> <li>• 4.5 g or less saturated fat</li> <li>• 240 mg or less sodium</li> <li>• None of the components are deep-fried</li> </ul> **includes all sandwich fillers: pure protein, tuna salad, chicken salad **saturated fat exception for whole eggs and fatty fish such as salmon, trout, tuna	0-1 criteria met		2 criteria met		3 criteria met
<b>Fats</b> (per FDA serving) <b>Criteria</b> <ul style="list-style-type: none"> <li>• Oils, olives, nuts, seeds, nut/seed butters, avocado</li> <li>• No added sugar</li> <li>• 250 mg or less sodium</li> </ul>	0-1 criteria met		2 criteria met		3 criteria met
<b>Sides</b> (per serving) <b>Criteria</b> <ul style="list-style-type: none"> <li>• 7% kcal or less saturated fat</li> <li>• 200 mg or less sodium</li> <li>• 2.5 g or more fiber</li> </ul>	0-1 criteria met		2 criteria met		3 criteria met

	<div style="display: flex; justify-content: space-between; align-items: center;"> <span>Less nutrient dense</span> <span>More nutrient dense</span> </div>				
					
<b>Soups</b> (per 8 fluid ounces) <b>Criteria</b> <ul style="list-style-type: none"> <li>• 7% kcal or less saturated fat</li> <li>• 2.5 g or more fiber</li> <li>• 300 mg or less sodium</li> </ul>	0-1 criteria met		2 criteria met		3 criteria met
<b>Vegetables</b> (per serving) <b>Criteria</b> <ul style="list-style-type: none"> <li>• 7% kcal or less saturated fat</li> <li>• 200 mg or less sodium</li> <li>• None of the components are deep fried</li> </ul>	0-1 criteria met		2 criteria met		3 criteria met
<b>Yogurt</b> (per 6 oz or less) <b>Criteria</b> <ul style="list-style-type: none"> <li>• 7% kcal or less saturated fat</li> <li>• 10% kcal or less added sugar</li> <li>• No artificial sweeteners or coloring</li> </ul>	0-1 criteria met		2 criteria met		3 criteria met
<b>Fruits</b> (per serving)			Sweetened fresh, frozen, and canned, or dried fruit (sweetened or not)		Fresh fruit with nothing added, frozen with no added sweeteners
<b>Candy</b>	All candy falls here				
<b>Sweeteners</b>	honey, maple syrup, agave syrup, brown sugar, jellies/jams, sugar-free syrup, sugar-free jellies/jams				

## Beverages

Less nutrient dense		More nutrient dense		
				
<ul style="list-style-type: none"> <li>• Calorically sweetened beverages &amp; energy drinks</li> <li>• Including soft drinks, fruit drinks, teas, sports drinks, lemonade, and other “ades” that are sweetened with sugar, high-fructose corn syrup, or other high-calorie sweeteners</li> </ul>	<ul style="list-style-type: none"> <li>• Enhanced 100% juices with &gt;100% daily value for vitamins and minerals</li> <li>• Non-calorically sweetened beverages &amp; energy drinks</li> <li>• Including waters, soft drinks, teas and sports drinks, lemonade, and other “ades” that are sweetened with calorie-free artificial sweeteners.</li> </ul>	<ul style="list-style-type: none"> <li>• 100% fruit &amp; veg juices</li> <li>• 2% or whole milk</li> <li>• Plant-based milk substitutes w/sugar</li> <li>• Flavored and/or enhanced skim, ½% or 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Plant based milk substitutes (no sugar),</li> <li>• Enhanced waters with &gt;100% daily value for vitamins and minerals</li> </ul>	<ul style="list-style-type: none"> <li>• Water and fruit-infused waters</li> <li>• Unsweetened teas &amp; coffees</li> <li>• Skim, 1/2% or 1% milk</li> </ul>

All categories  $\leq 0.5$  g Trans Fat; if item is  $>0.5$  g Trans Fat and not naturally occurring, item will be ranked 1 slice less.