






MHealthy Nutrition Guidelines

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

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

*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
- 10% kcal or less saturated fat
- First ingredient is whole fruit, whole grain, nuts or seeds
- 2.5 g or more fiber

0 criteria met

1 criteria met

2 criteria met

3 criteria met

4 criteria met

Desserts/Baked Goods (per serving)

Criteria

- 10% 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

0 criteria met

1 criteria met

2 criteria met

3 criteria met

4 criteria met

Entrees/Sandwiches

(based on ≥ 8 oz.; numbers are pro-rated for items less than 8 oz.)

Criteria

- 10% kcal or less saturated fat
- 800 mg or less sodium
- 5 g or more fiber
- 7g 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
- 10% kcal or less saturated fat
- 300 mg or less sodium
- 2.5 g 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

- 10% kcal or less saturated fat
- 250 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
					
<p>Animal & Plant-Based Proteins (per 3.5 oz cooked or 1 oz. cheese)</p> <p>Criteria</p> <ul style="list-style-type: none"> • 4.5 g or less saturated fat • 400 mg or less sodium • None of the components are deep-fried <p>**includes all sandwich fillers: pure protein, tuna salad, chicken salad</p> <p>**saturated fat exception for whole eggs and fatty fish such as salmon, trout, tuna</p>	0-1 criteria met		2 criteria met		3 criteria met
<p>Fats (per FDA serving)</p> <p>Criteria</p> <ul style="list-style-type: none"> • Oils, olives, nuts, seeds, nut/seed butters, avocado • No added sugar • 250 mg or less sodium 	0-1 criteria met		2 criteria met		3 criteria met
<p>Sides (per serving)</p> <p>Criteria</p> <ul style="list-style-type: none"> • 10% kcal or less saturated fat • 400 mg or less sodium • 2.5 g or more fiber 	0-1 criteria met		2 criteria met		3 criteria met

Less nutrient dense



More nutrient dense



Soups (per 8 fluid ounces)

Criteria

- 10% kcal or less saturated fat
- 2.5 g or more fiber
- 400 mg or less sodium

0-1 criteria met

2 criteria met

3 criteria met

Vegetables (per serving)

Criteria

- 10% kcal or less saturated fat
- 400 mg or less sodium
- None of the components are deep-fried

0-1 criteria met

2 criteria met

3 criteria met

Yogurt (per 6 oz or less)

Criteria

- 10% kcal or less saturated fat
- 10% kcal or less added sugar
- No artificial sweeteners or coloring

0-1 criteria met

2 criteria met

3 criteria met

Fruits

(per serving)

Sweetened fresh, frozen, and canned, or dried fruit (sweetened or not)

Fresh fruit with nothing added, frozen with no added sweeteners






Candy

All candy falls here

Sweeteners

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

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