



Be In Balance Program

Nutrition Standards

Hot Entrees

Calories \leq 400 per serving
Fat \leq 15 grams
Saturated Fat \leq 4 grams
Trans Fatty Acids \leq 0 grams
Fiber \geq 3 grams
Sugar \leq 15 grams
Sodium \leq 1000 milligrams

Sandwiches

Calories \leq 400 per serving
Fat \leq 15 grams
Saturated Fat \leq 4 grams
Trans Fatty Acids \leq 0 grams
Fiber \geq 3 grams
Sugar \leq 15 grams
Sodium \leq 1200 milligrams

Soups

Calories \leq 150 per serving
Fat \leq 3 grams
Saturated Fat \leq 1 gram
Trans Fatty Acids \leq 0 grams
Sodium \leq 1000 milligrams

Snacks

Calories \leq 200 per serving
Fat \leq 5 grams
Saturated Fat \leq 1 grams
Trans Fatty Acids \leq 0 grams
Sugar \leq 15 grams
Sodium \leq 250 milligrams

Sides to Sandwiches/Entrees

Calories \leq 200 per serving
Fat \leq 5 grams
Saturated Fat \leq 1 grams
Trans Fatty Acids \leq 0 grams
Sugar \leq 15 grams
Sodium \leq 250 milligrams

Desserts

Calories \leq 200 per serving
Fat \leq 5 grams
Saturated Fat \leq 1 grams
Trans Fatty Acids \leq 0 grams
Sugar \leq 15 grams
Sodium \leq 250 milligrams

Beverages

Calories \leq 100 per serving
Fat \leq 1 grams
Sugar \leq 15 grams