

Eat Fit Nutrition Criteria



STANDARDS FOR RESTAURANTS, FOODSERVICE & RETAIL PRODUCTS

Eat Fit criteria are designed to identify delicious, nutrient-dense options that help people live well. We emphasize real ingredients, balanced portions and the nutrients that matter most.



MEALS



ENTRÉES + ENTRÉE SALADS

- Less than 600 calories
- Less than 800 mg sodium
- Less than 8 g animal saturated fat; prioritize unsaturated plant fats
- No white refined carbohydrates; when grains are part of the dish, use 100% whole-grain options
- No artificial trans fat
- No more than 5 g added sugar
- **20 g or more** protein preferred; for plant-forward entrées, a minimum of 20 g combined protein + fiber + fat may be used



BREAKFAST

- Less than 300 calories
- Less than 650 mg sodium
- Less than 5 g animal saturated fat; prioritize unsaturated plant fats
- No white refined carbohydrates; when grains are part of the dish, use 100% whole-grain options
- No artificial trans fat
- No more than 5 g added sugar
- **Minimum 15 g** combined protein + fiber + fat



EAT FIT KIDS

- Less than 400 calories
- Less than 600 mg sodium
- Less than 5 g animal saturated fat; prioritize unsaturated plant fats
- No white refined carbohydrates; when grains are part of the dish, use 100% whole-grain options
- No artificial trans fat
- No more than 5 g added sugar
- **Minimum 20 g** combined protein + fiber + fat
- Preferably 1 cup vegetables. Whole grains, whole fruit and lowfat dairy encouraged



SMALL PLATES, SIDES + SNACKS



APPETIZERS, SOUPS & SIDE SALADS

- Less than 300 calories
- Less than 400 mg sodium
- Less than 5 g animal saturated fat; prioritize unsaturated plant fats
- No white refined carbohydrates; when grains are part of the dish, use 100% whole-grain options
- No artificial trans fat
- No more than 5 g added sugar



SIDES + DESSERTS

- Less than 175 calories
- Less than 300 mg sodium
- Less than 5 g animal saturated fat; prioritize unsaturated plant fats
- No white refined carbohydrates; when grains are part of the dish, use 100% whole-grain options
- No artificial trans fat
- No more than 5 g added sugar



SNACKS

- Less than 250 calories
- Less than 300 mg sodium
- Less than 5 g animal saturated fat; prioritize unsaturated plant fats
- No white refined carbohydrates; when grains are part of the item, use 100% whole-grain options
- No artificial trans fat
- No more than 5 g added sugar
- **Minimum 15 g** combined protein + fiber + fat



BEVERAGES



SMOOTHIES

- Less than 300 calories
- Less than 400 mg sodium
- Less than 5 g animal saturated fat; prioritize unsaturated plant fats
- No artificial trans fat
- No added sugar
- **20 g or more** protein preferred
- Prefer whole fruit over fruit juice; if 100% fruit juice is used, limit to 2 ounces



JUICES

- At least 75% vegetable-based
- No added sugar



COFFEE DRINKS

- Less than 175 calories
- Less than 300 mg sodium
- Less than 5 g animal saturated fat
- No artificial trans fat
- No more than 5 g added sugar



COCKTAILS + ZERO-PROOF COCKTAILS

- No more than 150 calories
- No more than 5 g added sugar
- Cocktails: less than 2 oz alcohol
- Less than 1 oz 100% fruit juice



ADDITIONAL CRITERIA FOR PRE-PACKAGED + FRESHLY PACKED PRODUCTS

- Products must meet the applicable Eat Fit nutrition criteria above. Additional ingredient and formulation considerations include:
 - No synthetic food dyes
 - Sucralose, acesulfame potassium and aspartame are generally limited; products containing these ingredients may be considered when they provide meaningful nutritional benefits
 - Less than 150 mg caffeine per serving



INDIVIDUAL PRODUCT REVIEW

Eat Fit criteria provide the framework for evaluation; each recipe and product is reviewed individually by the Eat Fit nutrition team. Overall nutritional quality, ingredients, portion size and the role of the item within a balanced eating pattern may also be considered when determining Eat Fit designation.

Scope and Intended Use of Eat Fit Nutrition Criteria: Ochsner Eat Fit is a voluntary nutrition designation program developed and maintained by registered dietitian subject-matter experts. The Eat Fit designation identifies foods and beverages that meet established nutrition criteria designed to support healthier choices. The criteria are intended as a framework for identifying qualifying menu items and products, not as individualized medical or nutrition advice. An Eat Fit designation does not indicate that a product is appropriate for every individual, medical condition, dietary restriction or medication regimen.

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