

Exchange Nutrient Standards for BeFit Approved Items

| Food Category | Standard ¹ |
|---|--|
| <p>Entrees</p> | <ul style="list-style-type: none"> • 500 calories or less • ≤ 40% calories from total fat • ≤ 10% calories from saturated fat • ≤ 480 mg sodium for one item • ≤ 600 mg sodium per meal |
| <p>Grains (rice, bread, pasta)</p> | <ul style="list-style-type: none"> • Whole grain (first ingredient) • ≥ 2 grams of fiber per serving • ≤ 230 mg sodium per serving |
| <p>Cereal</p> | <ul style="list-style-type: none"> • Whole grain (first ingredient) • ≤ 10 grams sugar per serving • ≥ 3 grams of fiber per serving • ≤ 230 mg sodium per serving |
| <p>Dairy & Milk Alternatives²</p> | <ul style="list-style-type: none"> • Fat free or 1% milk (both flavored and unflavored) • Fortified soy, almond or rice milk with < 12 g sugar per serving • Fat free or low-fat yogurt* • Fat free or low-fat cottage cheese • Low-fat cheese with ≤ 215mg sodium per serving <p><i>*Yogurt with no added sweeteners or yogurt labeled as reduced or less sugar according to FDA labeling standards</i></p> |
| <p>Fruits & Vegetables</p> | <ul style="list-style-type: none"> • Fresh whole fruit • Fruit canned in water or 100% juice with no added sugars • 100% juice (fruit/vegetable) with no added sugar • Fresh or frozen vegetables with no added fat, sugar, or sauces • ≤ 230 mg sodium per serving • Canned vegetables ≤ 290 mg sodium or 'No Salt Added' • ≤ 480 mg sodium for mixed dishes containing vegetables |
| <p>Protein</p> | <ul style="list-style-type: none"> • < 290 mg sodium per serving for canned or frozen tuna, seafood, salmon • < 480 mg sodium per serving for canned meat |
| <p>Nuts & Seeds^{3,4}</p> | <ul style="list-style-type: none"> • ≤ 140 mg sodium per serving • No added fat (chocolate, oils) or sugar |
| <p>Snacks⁵</p> | <ul style="list-style-type: none"> • 200 calories or less per serving • ≤ 40% calories from total fat • ≤ 10% calories from saturated fat • ≤ 35% calories from sugar (added and naturally occurring) • ≤ 230 mg sodium per serving |

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| Beverages ² | <ul style="list-style-type: none">• ≤ 25 calories per each 8 ounce serving (excludes fruit juice and milk)• ≤ 25% calories from (natural) sugar• No added caloric sugar (sucrose, HFCS, etc.)• 100% juice – fruit and vegetable with no added sugar• Milk and milk alternatives as noted in the Dairy Category• No sports drinks, energy drinks, or soft drinks |

Exemptions and additional information

¹ All items must contain 0 g Trans Fat.

² Flavored milk (low-fat or fat-free) may contain more sugar and/or calories than those recommended. These items are exempt based on research data indicating that children will consume more dairy products than other beverages when flavored options are available. Flavored milk should contain no more than 25 grams sugar per each 8 ounce serving.

³ Nuts and seeds are a natural source of monounsaturated and polyunsaturated fats, which have been shown to be beneficial to health improvement. These items are exempt from the total calories from fat per serving recommendations. However, servings/day should be limited to no more than 3.

⁴ If an item like trail mix contains added sugar/oil, it will be analyzed under the snack category.

⁵ Fruit is a beneficial source of natural sugar and calories. Dried fruits without additionally added caloric sweeteners (such as raisins) are excluded from the total calories from sugar.