



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

Category					
Bars (per serving) Criteria • First 2 ingredients are nuts, nut butters, whole fruits, seeds, egg white or whole grains • No added herbal supplements, vitamins, or minerals • 10% calories or less added sugar • 10% calories or less saturated fat	0 criteria met	1 criteria met	2 criteria met	3 criteria met	4 criteria met
Bread Products (per serving- sliced bread, buns, croissants, bagels, tortillas, pancakes) Criteria • 10% calories or less saturated fat • 3 g or more fiber • 10% calories or less added sugar • First ingredient is whole grain	0 criteria met	1 criteria met	2 criteria met	3 criteria met	4 criteria met

***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

Category					
Cereals (per serving) Criteria • 10% calories or less added sugar • 10% calories or less saturated fat • First ingredient is whole fruit, whole grain, nuts or seeds • 3 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% calories or less saturated fat • 3 g or more fiber • 10% calories 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 (based on ≥ 8 oz.; numbers are pro-rated for items less than 8 oz.) Criteria • 10% calories or less saturated fat • 800 mg or less sodium • 5 g or more fiber • 14 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

Category					
Sandwiches (based on ≥ 8 oz.; numbers are pro-rated for items less than 8 oz.) • 10% calories or less saturated fat • 600 mg or less sodium • 4 g or more fiber • No processed meat • 7 g or more protein	0-1 criteria met	2 criteria met	3 criteria met	4 criteria met	5 criteria met
Pre-packaged Snacks (per serving on the nutrition label, not the whole package if there are multiple servings) Criteria • 10% calories or less added sugar • 10% calories or less saturated fat • 300 mg or less sodium • 3 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
Smoothies (per 16 fluid ounces) Criteria • 3 g or more fiber • 10% calories or more protein • Vegetable included • 10% calories 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

Category					
Salad Dressings and Condiments (per 2 tbsp or 1 oz.) Criteria • 10% calories or less saturated fat • 250 mg or less sodium • 10% calories or less added sugar • No artificial sweeteners or coloring	0 criteria met	1 criteria met	2 criteria met	3 criteria met	4 criteria met
Animal & Plant-Based Proteins (per 3.5 oz cooked or 1 oz. cheese) Criteria • 10% calories or less saturated fat • 400 mg or less sodium • None of the components are deep-fried • No processed meat *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 criteria met	1 criteria met	2 criteria met	3 criteria met	4 criteria met
Fats (per FDA serving) Criteria • Oils, olives, nuts, seeds, nut/seed butters, avocado • No added sugar • 250 mg or less sodium	0-1 criteria met	N/A	2 criteria met	N/A	3 criteria met

Less nutrient dense

More nutrient dense



Category

Sides (per serving)

Criteria

- 10% calories or less saturated fat
- 400 mg or less sodium
- 3 g or more fiber
- Not deep-fried
- Contains fruits or vegetables

0-1 criteria met

2 criteria met

3 criteria met

4 criteria met

5 criteria met

Soups (per 8 fluid ounces)

Criteria

- 10% calories or less saturated fat
- 3 g or more fiber
- 400 mg or less sodium

0-1 criteria met

N/A

2 criteria met

N/A

3 criteria met

Vegetables (per serving)

Criteria

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

0-1 criteria met

N/A

2 criteria met

N/A

3 criteria met

Yogurts (per serving)

Criteria

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

0-1 criteria met

N/A

2 criteria met

N/A

3 criteria met

Fruits

(per serving)

N/A

N/A

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

N/A

Fresh fruit with
nothing added,
frozen with no
added sweeteners

Less nutrient dense

More nutrient dense

Category					
Candy	All candy falls here	N/A	N/A	N/A	N/A
Sweeteners	honey, maple syrup, agave syrup, brown sugar, jellies/jams, sugar-free syrup, sugar-free jellies/jams	N/A	N/A	N/A	N/A
Beverages	- 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 - 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	Enhanced 100% juices with >100% daily value for vitamins and minerals	100% fruit & veg juices 2% or whole milk - Flavored and/or enhanced skim, ½% or 1% milk	- Plant based milk substitutes with more than 10% calories from added sugar - Enhanced waters with >100% daily value for vitamins and minerals	- Water and fruit-infused waters - Unsweetened teas & coffees - Skim, 1/2% or 1% milk - Plant based milk substitutes w/10% calories or less added sugar

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.