

# Live Well



## MISSOURI

### Live Well Restaurant Nutrition Criteria

Entrees (or full meals) must include one of the following:

- fruits and/or vegetables
- lean protein, i.e., skinless white meat poultry, fish/seafood, tofu, etc.
- 100% whole grains

AND

Entrees (or full meals) must have:

- less than 751 calories and
- less than 26 grams of fat and
- less than 9 grams of saturated fat
- less than 1,040 mg of sodium

Appetizers, side dishes and desserts must have:

- less than 251 calories and
- less than 9 grams of fat and
- less than 4 grams of saturated fat
- less than 251 mg of sodium

[health.mo.gov/livewell](http://health.mo.gov/livewell)



We are a Live Well Restaurant, proud to offer you healthy menu options that are lower in fat, salt and calories.

Please tell us what you think.

