



Live Well Restaurant Nutrition Criteria

Live Well Restaurants must serve at least two healthy menu options that meet the following 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 1050 milligrams 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 milligrams of sodium

None of the above food items may be deep fried.

