Look for healthy choice icon for more ideas

1 serving = 1 softball

**ENTREES**
**1 1/4 cup portion**
less than 500 calories
18g fat
3g saturated
0g trans
575mg sodium
4g added sugar
more than 5g fiber

*Needs to meet 5 of the 7 above criteria

Great Options: chickpea curry shrimp penang curry siracha fried rice

1 serving = 1 baseball

**SOUPS**
**6 fl oz**
less than 250 calories
9g fat
1.5g saturated
0g trans
290mg sodium
2g added sugar
more than 2.5g fiber

*Needs to meet 6 of the 7 above criteria

Great Options: mediterranean mixed bean chili tuscan three bean stew

1 serving = 1 palm size

**LEAN PROTEINS**
**2-3 oz portion**
less than 200 calories
6g fat
2g saturated
0g trans
190mg sodium
2g added sugar

*Needs to meet 6 of the 6 above criteria

Great Options: grilled chicken breast baked salmon rotisserie beef

1 serving = 1 tennis ball

**VEGETABLES**
**1/2 cup portion**
less than 100 calories
6g fat
0.5g saturated
0g trans
190mg sodium
1g added sugar
more than 2g fiber

*Needs to meet 7 of the 7 above criteria

Great Options: steamed roasted raw

**PLANT BASED PROTEINS**
**1/2 cup portion**
less than 200 calories
6g fat
2g saturated
0g trans
190mg sodium
2g added sugar

*Needs to meet 6 of the 6 of the above criteria

Great Options: spiced lentils black beans red quinoa

**GRAINS & COMPLEX CARBS**
**1/2 cup portion**
less than 200 calories
6g fat
0.5g saturated
0g trans
190mg sodium
1g added sugar
more than 2g fiber

*Needs to meet 7 of the 7 above criteria

Great Options: spicy couscous herbed potatoes sunrise cereal blend

**SALADS & SIDE DISHES**
**1/2 cup portion**
less than 250 calories
9g fat
1g saturated
0g trans
190mg sodium
2g added sugar
more than 3g fiber

*Needs to meet 6 of the 7 above criteria

Great Options: lentil & snow pea salad sweet potato & black bean salad