



For adult meals to qualify for the Smart Meal™ program they must contain:

- Two servings or more of beans, whole grains, fruits, or vegetables.* One serving may be substituted for a serving of fat-free or low-fat milk or equivalent milk product.
- 700 calories or fewer.
- 30 percent or less of total calories from fat or 23 grams or fewer of total fat.
- 10 percent or less of calories from saturated fat or 8 grams or fewer of saturated fat.
- 0.5 grams or fewer of trans fat (no added or artificial trans fat).
- 1,500 mg or fewer of sodium.

For kids meals to qualify for the Smart Meal™ program they must contain:

- Two servings or more of beans, whole grains, fruits or vegetables.* One serving may be substituted for a serving of fat-free or low-fat milk or equivalent milk product.
- 400-600 calories or fewer.
- 30 percent or less of total calories from fat or 13-20 grams or fewer of total fat.
- 10 percent or less of calories from saturated fat or 4-7 grams or fewer of saturated fat.
- 0.5 grams or fewer of trans fat (no added or artificial trans fat).
- 600-800 mg or fewer of sodium.

*One serving of fruit is equal to ½ cup of cut fresh fruit or 1 cup of 100% fruit juice. One serving of vegetables is equal to 1 cup.