

Nutrition Corner

What is a Taste Bud Approved meal?

Taste Bud Approved meals are dietitian & chef-approved, healthy meals that contribute to your overall wellness. They are tasty AND good for you!

Entrée	Side
≤ 500 kcals	≤ 250 kcals
≤ 5 gm saturated fat	≤ 3 gm saturated fat
≤ 0.5 gm trans fat	≤ 0.5 gm trans fat
≤ 600 mg sodium	≤ 300 mg Na
≥ 6 gm fiber	≥ 3 gm fiber
≥ 12 gm protein	≥ 6 gm protein

* **Must meet at least 3 of the above criteria**

* **Excluded if meal has >1200mg Na or >10 gm saturated fat.**

