



Green, Yellow, Red Nutritional Classifications

Deli, Grill, Pizza, Panini

600 Calories or less	800 Calories or less	More than 800 Calories
600 mgs. or less Sodium	800 mgs. or less Sodium	More than 800 mgs. Sodium
4 gms. or less Sat. Fat	7 gms. or less Sat. Fat	More than 7 gms. Sat. Fat
95 mgs. or less Cholesterol	150 mgs. or less Chol.	More than 150 mgs. Chol.

Soups (per serving)

200 Calories or less	300 Calories or less	More than 300 Calories
600 mgs. or less Sodium	800 mgs or less Sodium	More than 800 mgs. Sodium
3 gms. or less Sat.Fat	4 gms. or less of Sat. Fat	More than 4 gms. Sat. Fat
60 mgs. or less Cholesterol	80 mgs. or less Chol.	More than 80 mgs. Chol.

Breakfast Grill

300 Calories or less	400 Calories or less	More than 400 Calories
500 mgs. or less Sodium	600 mgs. or less Sodium	More than 600 mgs. Sodium
2 gms. or less Sat. Fat	3 gms. or less Sat. Fat	More than 3 gms. Sat. Fat
95 mgs. or less Cholesterol	150 mgs. or less Chol.	More than 150 mgs. Chol.

Entrées (Alone)

300 Calories or less	400 Calories or less	More than 400 Calories
300 mgs. or less Sodium	500 mgs. or less Sodium	More than 500 mgs. Sodium
2 gms. or less Sat. Fat	4 gms. or less Sat. Fat	More than 4 gms. Sat. Fat
80 mgs. or less Cholesterol	120 mgs. or less Chol.	More than 120 mgs. Chol.

Sides

200 Calories or less	300 Calories or less	More than 300 Calories
200 mgs. or less Sodium	300 mgs. or less Sodium	More than 300 mgs Sodium
1 gm. or less Sat. Fat	2 gms. or less Sat. Fat	More than 2 gms. Sat. Fat
10 mgs. or less Cholesterol	15 mgs. or less Chol.	More than 15 mgs. Chol.

Entrée Salads – include Dressing

600 Calories or less	800 Calories or less	More than 800 Calories
600 mgs. or less Sodium	800 mgs. or less Sodium	More than 800 mgs. Sodium
4 gms. or less Sat. Fat	7 gms. or less Sat. Fat	More than 7 gms. Sat. Fat
95 mgs. or less Cholesterol	150 mgs. or less Chol.	More than 150 mgs. Chol.

Small Side Salads (include Dressing when appropriate)

200 Calories or less	300 Calories or less	More than 300 Calories
200 mgs. or less Sodium	300 mgs. or less Sodium	More than 300 mgs. Sodium
1 gm. or less Sat. Fat	2 gms. or less Sat. Fat	More than 2 gms. Sat. Fat
10 mgs. or less Cholesterol	15 mgs. or less Chol.	More than 15 mgs. Chol.

Desserts

250 Calories or less	350 Calories or less	More than 350 Calories
150 mgs. or less Sodium	200 mgs. or less Sodium	More than 200 mgs. Sodium
2 gms. or less Sat. Fat	5 gms. or less Sat. Fat	More than 5 gms. Sat. Fat
30 mgs. or less Cholesterol	50 mgs. or less Chol.	More than 50 mgs. Chol.

Appetizers (per serving)

100 Calories or less	150 Calories or less	More than 150 Calories
150 mgs. or less Sodium	200 mgs. or less Sodium	More than 200 mgs. Sodium
1 gm. or less Sat. Fat	2 gms. or less Sat. Fat	More than 2 gms. Sat. Fat
30 mgs. or less Cholesterol	50 mgs. or less Chol.	More than 50 mgs. Chol.

A Dine Healthy Meal

600 Calories or less
600 mgs. or less Sodium
4 gms. or less Saturated Fat
95 mgs. or less Cholesterol

