

Per Meal	Per Food Item
Calories: ≤ 650 Calories for Wellness Meal	Breakfast breads: ≤ 300 Kcal Desserts: ≤ 200 Kcal Snacks: ≤ 200 Kcal Entrée: ≤ 500 Kcal
Sodium Target < 2,300 mg/day: Breakfast: < 700 mg Lunch: < 800 mg Dinner: < 800 mg	Sodium Target < 2,300 mg/day: Prepared/Purchased/Convenience Entrees; Mixed Dishes: ≤ 480 mg Bread/Pasta/Grain: ≤ 180 mg Canned or Frozen Fruits/Vegetables/Seafood/Poultry: ≤ 290 mg Sauces/Condiments/Dressings: ≤ 290 mg Packaged breakfast cereals: ≤ 230 mg Vegetable juices: ≤ 230 mg Snacks: ≤ 200 mg Soups: ≤ 720 mg for a 12 ounce portion
Fat: Total fat: $\leq 35\%$ of total Calories* Saturated Fat: < 10% of total Calories No Trans Fat	Fat: Total fat: $\leq 35\%$ of total Calories* Saturated Fat: < 10% of total Calories No Trans Fat <i>*Foods higher in fat from Omega-3 or 6 (polyunsaturated) or Omega-9 (monounsaturated) fatty acids are allowed.</i>
Fiber Target ≥ 28 gm/day: ≥ 10 grams	Fiber Target ≥ 28 gm/day: ≥ 2 grams (as appropriate)
Beverages	
Must be < 25 calories/8 oz. of beverage and must not contain artificial sweeteners; exceptions include unflavored milks (whole, 2%, 1%, skim) and milk substitutes (soy, almond), and 100% fruit juice.	

Consume a dietary pattern that emphasizes intake of a variety of vegetables, fruits, whole grains, includes low fat dairy products, poultry without skin, fish, legumes, non-tropical vegetable oils, nuts, and limits intake of red meats, egg yolks to four per week, salt (sodium) and sugar from foods and beverages. Adapt this pattern to appropriate caloric requirements for weight management.