

# This is what it takes to be Mindful...



**PLATES**  
(contain at least 1 serving from each: protein starch, veg/fruit)



**ENTRÉES**  
(i.e.: center plate protein, pizza, sandwiches, grill items, entrée salads without protein or starch)



**SIDES**



**SOUPS**  
(8 oz.)



**DESSERTS • SNACKS**  
(Meet all of the criteria down this column OR 4 of the criteria AND must have at least 10% of the Daily Value of one or more major nutrients, such as Vitamin A, C, E, Iron, Calcium or Protein)

KCAL

less than or equal to  
**600**

less than or equal to  
**550**

less than or equal to  
**225**

less than or equal to  
**225**

less than or equal to  
**200**

TOTAL FAT

less than or equal to  
**35%**  
of calories from fat  
OR less than or equal to **15g**

less than or equal to  
**35%**  
of calories from fat  
OR less than or equal to **15g**

less than or equal to  
**35%**  
of calories from fat  
OR less than or equal to **8g**

less than or equal to  
**35%**  
of calories from fat  
OR less than or equal to **8g**

less than or equal to  
**35%**  
of calories from fat  
OR less than or equal to **8g**

SATURATED FAT

less than or equal to  
**10%**  
of calories from saturated fat

less than or equal to  
**10%**  
of calories from saturated fat

less than or equal to  
**10%**  
of calories from saturated fat

less than or equal to  
**10%**  
of calories from saturated fat

less than or equal to  
**10%**  
of calories from saturated fat

TRANS. FAT

**TRANS. FAT FREE!**  
(less than **0.5g**)

**TRANS. FAT FREE!**  
(less than **0.5g**)

**TRANS. FAT FREE!**  
(less than **0.5g**)

**TRANS. FAT FREE!**  
(less than **0.5g**)

**TRANS. FAT FREE!**  
(less than **0.5g**)

CHOLESTEROL

less than or equal to  
**100mg**

less than or equal to  
**100mg**

less than or equal to  
**5mg**

less than or equal to  
**25mg**

less than or equal to  
**20mg**

SODIUM

less than or equal to  
**800mg**

less than or equal to  
**700mg**

less than or equal to  
**300mg**

less than or equal to  
**700mg**

less than or equal to  
**300mg**

OTHER

more than or equal to  
**3g Fiber**



[www.mindful.sodexo.com](http://www.mindful.sodexo.com)



more than or equal to  
**1g Fiber**