



Guidelines Explained

MFit Food Categories & Guidelines	Example	Definitions of Terms
<p>Main dishes have no more than 12 grams of fat per serving and weigh at least 6 ounces. Plus it has foods from two of the following groups: grains, vegetables & fruit, meat & meat alternatives or dairy products. (For foods where most of the fat is from healthy fats, such as nuts or fatty fish, dishes may have no more than 20 grams of fat.)</p>	<ul style="list-style-type: none"> • Moo shoo veggies • Bean burrito • Veggie burger 	
<p>Guidelines for a sandwich vary according to what it weighs. A sandwich weighing 2-6 ounces must have no more grams of fat than twice its weight. A sandwich that weighs 6-12 ounces can have no more than 12 grams of fat. The maximum weight for a sandwich is 12 ounces.</p>	<ul style="list-style-type: none"> • Roast beef sandwich • Hamburger 	<p>For example, a 3 ounce sandwich may have a maximum of 6 grams of fat while a 5 ounce sandwich may have no more than 10 grams of fat</p>
<p>Seafood cannot be fried, and it must have no more than 20 grams of fat per serving, with no more than 4.5 grams of saturated fat per 100 grams (3.5 oz).</p>	<ul style="list-style-type: none"> • Shrimp • Salmon 	
<p>Meat entrees, beef, lamb, pork, veal, poultry and game, meet the USDA definition for <u>Lean</u> meats and weigh no more than 8 ounces when raw.</p>	<ul style="list-style-type: none"> • Chicken breast • Pork tenderloin 	<p><u>Lean</u> meats have less than 10 grams of fat, no more than 4.5 grams of saturated fat, and less than 95 mg of cholesterol per 100 grams (3.5 oz) of meat.</p>
<p>Soups must have no more than 5 grams of fat per 8.75 ounces.</p>	<ul style="list-style-type: none"> • Vegetable beef • Chicken noodle 	
<p>All fruits and vegetables, except avocados and coconut, without sauces or added butter are MFit recommended.</p>	<ul style="list-style-type: none"> • Fruit • Vegetables without sauces 	
<p>Recommended salad dressings are <u>low fat</u> and <u>low saturated fat</u>.</p>	<ul style="list-style-type: none"> • Fat free & • Low fat salad dressings 	<p><u>Low Fat</u> - 0-3 grams of fat per serving <u>Low Saturated Fat</u> 0-1 gram of saturated fat per serving</p>
<p>Recommended desserts are <u>low fat</u>.</p>	<ul style="list-style-type: none"> • Frozen low-fat yogurt 	<p><u>Low Fat</u> - 0-3 grams of fat per serving</p>
<p>Recommended beverages have no added sugar and comply with the <u>low saturated fat</u> definition.</p>	<ul style="list-style-type: none"> • Skim milk • Soy milk 	<p><u>Low Saturated Fat</u> 0-1 gram of saturated fat per serving</p>
<p>Recommended cereals are <u>low fat</u> and <u>low saturated fat</u>. Additionally, the cereal is a <u>good source of fiber</u>.</p>	<ul style="list-style-type: none"> • Frosted Mini Wheats 	<p><u>Low Fat</u> - 0-3 grams of fat per serving <u>Low Saturated Fat</u> 0-1 gram of saturated fat per serving <u>Good source of fiber</u> - 2.5 grams of fiber or more per serving</p>
<p>Chips, snacks, cookies and snack bars must have no more than 5 grams of fat and <u>low saturated fat</u>.</p>	<ul style="list-style-type: none"> • Animal crackers 	<p><u>Low Saturated Fat</u> 0-1 gram of saturated fat per serving</p>