

Healthy options?



CHECK!

Healthier options are marked with the **green check plus**, so you can be confident you're making a nutritious choice.

CHECK PLUS Meals

Check Plus Meals include one serving of lean protein and at least one serving of the following: Whole grain, fruit, or non-fried vegetable.

- 525** Check Plus meals are under **525** calories
- 10%** Have **less than 10% calories** from saturated fat
- NO** Contain **no trans fat**
- 600** Have **less than 600 mg.** of sodium

CHECK PLUS Sides

Check Plus Sides include soups, salads, vegetables, grains, fruits, desserts, dairy foods, or lean meat/poultry/fish/alternatives.

- 175** Check Plus sides are under **175** calories
- 10%** Have **less than 10% calories** from saturated fat
- NO** Contain **no trans fat**
- 200** Have **less than 200 mg.** of sodium