

# Amerifit Nutritional Guidelines



## **Amerifit Meal Includes Entree, Starch and Vegetable**

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

## **Deli, Grill, Pizza, Panini, Combo Meals**

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

## **Soups and Chowders**

200 Calories or less  
600 mgs or less Sodium  
3 gms or less Saturated Fat  
60 mgs or less Cholesterol

## **Breakfast Grill**

300 Calories or less  
500 mgs or less Sodium  
2 gms or less Saturated Fat  
95 mgs or less Cholesterol

## **Entrees (Alone)**

300 Calories or less  
300 mgs or less Sodium  
2 gms or less Saturated Fat  
80 mgs or less Cholesterol

## **Sides**

200 Calories or less  
200 mgs or less Sodium  
1 gms or less Saturated Fat  
10 mgs or less Cholesterol

## **Entrees Salads - Include Dressing**

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

## **Side Salads**

200 Calories or less  
200 mgs or less Sodium  
1 gms or less Saturated Fat  
10 mgs or less Cholesterol

## **Desserts**

250 Calories or less  
150 mgs or less Sodium  
2 gms or less Saturated Fat  
30 mgs or less Cholesterol

## **Appetizers**

100 Calories or less  
150 mgs or less Sodium  
1 gms or less Saturated Fat  
30 mgs or less Cholesterol

## **Snacks**

200 Calories or less  
300 mgs or less Sodium  
3 gms or less Saturated Fat