Look for the UC CHOOSE™ on items that are approved.

Items denoted with 🍎 must meet these criteria:

- Less than 10% calories from saturated fat
- Zero Trans Fat
- Low Calories
  - < 700 for meals
  - < 525 for entrees
  - < 175 for sides & snacks
- Low Sodium
- Low-Calorie Beverages
  - Juices - 100% fruit juice
  - Milk - Lowfat (1%) or Nonfat
  - Other Beverages - < 40 calories per serving

For more information about UC CHOOSE™ and Healthy Campus Nutrition Guidelines visit www.healthcare.uiowa.edu/fns/uchoose

UC CHOOSE™ is brought to you by:
- Student Health & Wellness
- UI Wellness/Human Resources
- UIHC Food and Nutrition Services
- University Housing & Dining