

Look for the on items that are **CHOOSE**[™] 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  **CHOOSE**[™] and Healthy

Campus Nutrition Guidelines visit www.healthcare.uiowa.edu/fns/uchoose



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

