



Nutrition Guidelines for Better Bites: Restaurant Edition

A **Better Bites entrée** must contain 2 or more of the items below. A **Better Bites side** (soup, salad, bread, dessert, etc.) must contain one of more of the items below.

- ½ cup fruit
- ½ cup vegetables (not fried)
- 1 serving whole grain (1 slice bread or ½ cooked grain)
- 2 ounces lean meat or ½ cup beans or ¼ cup nuts or seeds or 1 egg or ¼ cup tofu
- Dairy –milk, yogurt, cheese (½ cup or 1 ounce cheese)

Nutrient	Entrée /per serving	Side (Salad, Soup, Dessert) / per serving
Calories	≤ 500	≤ 225
Fat	Items may not be fried.	Items may not be fried.
Added Sugar	≤ 8 grams	≤ 16 grams (Higher because desserts are in this category)
Sodium	< 750	< 325 mg
At least two of these nutrients in amounts listed		
Protein	6 grams	3 grams
Fiber	4 grams	3 grams
Vitamin A	15% DV	10% DV
Vitamin C	15% DV	10% DV
Iron	15% DV	10% DV
Calcium	15% DV	10% DV