



choice plus



It's Your Choice

Choice matters when it comes to wellness, and we make the right choice the easy one. All you have to do is look for the Choice Plus icon, and you're guaranteed that the item you're about to eat fits within a certain nutrition criteria.

Having provided healthy options for years, we also know that everyone has their own take on wellness. We're committed to aligning with your goals and promoting healthy lifestyles for your organization. Our solution can be customized to your needs. It's all about choice and variety – and ensuring something for everyone.



Nutrition Criteria

Snack

You'll be surprised by how many yummy snacks meet Choice Plus requirements. Below are the nutritional standards we've set for snacks. All you need to do is look for our logo.

Calories

≤250

Fat

≤10 g*

Trans Fat

0

Sat Fat

≤3 g

Sodium

≤230
mg

Sugar

≤20 g**

Fresh Food

Our fresh food selections also have Choice Plus designations. For sandwiches, wraps and entree salads:

Calories

≤400

Fat

≤20 g

Trans Fat

0

Sat Fat

≤5 g

Sodium

≤600
mg

Beverage

Best Options:

- Unsweetened still and sparkling, flavored and unflavored waters
 - Unsweetened coffee and tea

Better Options:

- **Milk:** Low-fat and nonfat dairy and nondairy milks, sweetened or unsweetened
- **Juice:** Fruit juice, at least 50% juice with no added sweetener (≤150 calories per package)

- Vegetable juice, 100% juice (≤150 calories, ≤150 mg sodium per package)

- Fruit and vegetable juice blends, 100% juice, no added sweetener (≤150 calories, ≤150 mg sodium per package)

Other:

- Lightly sweetened beverages (≤80 calories, ≤150 mg sodium per package)
- Unsweetened coconut water
- Zero-calorie sweetened beverages (excludes energy drinks)

* Unsalted nuts, soy nuts and seeds exempt. ** Unsweetened fruit exempt.

www.Canteen.com

