



Food Category	Serving Size	Nutrient Requirements
Beverages	8 ounces	Water (plain, carbonated, 100% natural fruit flavor-infused, with no added sweeteners) 100% pure coffee & tea with no added sweeteners 100% fruit and vegetable juices with less than or equal to 140 mg of sodium per serving Unflavored non-fat or 1% cow's milk with no added sweeteners Unflavored non-dairy milk alternatives with no added sweeteners
Baked Goods	1 product	≥ 2.5 grams dietary fiber, $\leq 10\%$ of calories from saturated fat, $\leq 10\%$ of calories from added sugar
Bread Products	1 slice/roll	1st ingredient is a whole grain, ≥ 2.5 grams dietary fiber, $\leq 10\%$ of calories from saturated fat, $\leq 10\%$ of calories from added sugar
Cereals	Per serving ($\frac{3}{4}$ - 1 cup)	1st ingredient is a whole grain, ≥ 2.5 grams dietary fiber, ≤ 6 grams of sugar per dry ounce (CACFP Guideline)
Bars (granola, snack, protein)	Per serving	First 2 ingredients are nuts, seeds, whole fruits or whole grains, ≤ 250 calories, no added vitamins or minerals
Chips, Pre-Packaged Snacks	Per serving	≤ 5 grams total fat, $\leq 10\%$ of calories from saturated fat, ≥ 2 grams dietary fiber, $\leq 10\%$ of calories from added sugar, ≤ 300 mg sodium Nuts, seeds, nut/seed mixtures have no total or saturated fat limit and still meet added sugar & sodium limits
Fruits	Per serving (1 whole fruit or $\frac{1}{2}$ cup)	No added sugar or artificial sweeteners, no juices

Main Dish, Sandwiches	Per serving	Contains at least 1 serving of fruits and/or vegetables (1 serving is at least $\frac{1}{2}$ cup), ≥ 7 grams of fiber or grain is a whole grain, $\leq 10\%$ of calories from added sugar, ≤ 770 mg sodium, $\leq 10\%$ of calories from saturated fat
Dairy/Dairy Alternatives	6 ounces or less	$\leq 10\%$ of calories from saturated fat; $\leq 10\%$ of calories from added sugar; no artificial sweeteners or colorings
Animal & Plant Based Proteins	Per 3.5 ounces cooked	Items cannot be deep fat fried, ≤ 4.5 g saturated fat, Meat: ≤ 140 mg sodium per oz, Protein based salads: ≤ 240 mg sodium per serving
Healthy Fats	Per serving	Includes olive oil, nuts, seeds, nut & seed butters, avocado, whole olives
Sides/Vegetables	Per serving ($\frac{1}{2}$ cup)	≥ 2.5 grams of fiber or contains whole grains and/or vegetables, $\leq 10\%$ of calories from saturated fat, ≤ 300 mg sodium, items cannot be deep fat fried
Salad Dressing & Condiments	Per 2 Tablespoons (1 ounce)	$\leq 10\%$ of calories from saturated fat, ≤ 2.5 grams total sugar*, ≤ 300 mg sodium *Unless all sugar is naturally occurring
Soups	Per 8 fluid ounces	$\leq 10\%$ of calories from saturated fat, ≤ 600 mg sodium

All Categories

- $< .5$ g trans-fat per serving
- Do not contain additives listed in the [Center for Science in the Public Interest's "avoid" category](#)

The Nourish UC Davis guidelines were developed by a team of UC Davis nutrition and dining professionals from Student Health and Counseling Services, Housing and Dining Services, Occupational Health, ASUCD Dining Services and UC Davis Health.

For more information about Nourish, visit healthy.ucdavis.edu/nourish

