



Food Category	Serving Size	Nutrient Requirements
<b>Beverages</b>	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
<b>Baked Goods</b>	1 product	$\geq 2.5$ grams dietary fiber, $\leq 10\%$ of calories from saturated fat, $\leq 10\%$ of calories from added sugar
<b>Bread Products</b>	1 slice/roll	1st ingredient is a whole grain, $\geq 2.5$ grams dietary fiber, $\leq 10\%$ of calories from saturated fat, $\leq 10\%$ of calories from added sugar
<b>Cereals</b>	Per serving ( $\frac{3}{4}$ - 1 cup)	1st ingredient is a whole grain, $\geq 2.5$ grams dietary fiber, $\leq 6$ grams of sugar per dry ounce ( <a href="#">CACFP Guideline</a> )
<b>Bars (granola, snack, protein)</b>	Per serving	First 2 ingredients are nuts, seeds, whole fruits or whole grains, $\leq 250$ calories, no added vitamins or minerals
<b>Chips, Pre-Packaged Snacks</b>	Per serving	$\leq 5$ grams total fat, $\leq 10\%$ of calories from saturated fat, $\geq 2$ grams dietary fiber, $\leq 10\%$ of calories from added sugar, $\leq 300$ mg sodium  Nuts, seeds, nut/seed mixtures have no total or saturated fat limit and still meet added sugar & sodium limits
<b>Fruits</b>	Per serving (1 whole fruit or $\frac{1}{2}$ cup)	No added sugar or artificial sweeteners, no juices

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

#### All Categories

- $< .5$ g trans-fat per serving
- Foods and beverages with the Nourish icon do not contain the following ingredients: Brominated vegetable oil (BVO), butylated hydroxyanisole (BHA), caramel coloring, partially-hydrogenated vegetable oil/trans-fatty acids, potassium iodate, cyclamate, artificial coloring and sweetener.

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](http://healthy.ucdavis.edu/nourish)

