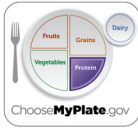
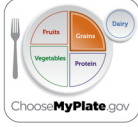





2014 Summary Criteria

Nutrient goals for Food Service serving-line and self-serve food identification
 (Based on 2500 kcal daily diet, 3 meals a day plus 2 snacks – moderately active personnel)

	Go: Serve Often	Caution: Serve Occasionally	Stop: Serve Sparingly
	Foods packed with nutrients Foods lower in sugar Foods with healthier fats Foods higher in fiber	More calories, fewer nutrients Foods with some processing Some added sugars/fats Foods with minimal fiber	Foods low in nutrients Processed foods Excess sugars/saturated fats Fried foods
Full-plate Meal*	< 700 calories** < 5 g sat fat	700–900 calories 5–8 g sat fat	> 900 calories > 8 g sat fat
Entrees (excludes whole fruit and dairy)			
Protein, vegetable, and starch	< 500 calories < 3 g sat fat	500–700 calories 3–4 g sat fat	>700 calories > 4 g sat fat
Protein and vegetables	< 375 calories < 3 g sat fat	376–500 calories 3–4 g sat fat	> 500 calories > 4 g sat fat
Protein and starch (carb)	< 425 calories < 3 g sat fat	425–600 calories 3–4 g sat fat	> 600 calories > 4 g sat fat
Single servings			
Protein only	 < 250 calories < 2 g sat fat	250-500 calories 2.5–4 g sat fat	> 500 calories > 4 g fat
Grains and other starches (carbohydrates)	 < 200 calories < 2 g sat fat	200–300 calories 2–4 g sat fat	> 300 calories > 4 g sat fat
Vegetables	 < 100 calories < 1 g sat fat	100–200 calories 1–3 g sat fat	> 200 calories > 3 g sat fat
Fruits	 < 100 calories < 1 g sat fat No added sugar/fats/sauces	100–200 calories 1–3 g sat fat Some added sugar	> 200 calories > 3 g sat fat Added sugar/fats/sauces
Dairy or Calcium-rich Alternatives	 Skim or 0–1% fat milk 90–110 calories per 8 oz < 2 g sat fat	Reduced-fat or 2% milk 111–149 calories per 8 oz 2.5–3 g sat fat	Whole or full-fat milk or cream >150 calories per 8 oz > 3 g sat fat
Desserts	< 150 calories < 2 g sat fat	150–300 calories 3–4 g sat fat	> 300 calories > 4 g sat fat
Beverages	See G4G Guide for examples	See G4G Guide for examples	See G4G Guide for examples

* Includes one serving each of protein, grain/starch, dairy (beverage or dairy product), and two servings of vegetable and/or fruit.

**Must include at least two healthful items—lean protein, low-fat dairy, or whole grain—plus one fruit or vegetable.

Sodium criteria are separate from the Green/Yellow/Red G4G system. Some need to limit their sodium intake, and some Warfighters require higher sodium intake. Foods will be marked with a “salt shaker” icon based on their sodium content, allowing individuals to choose the foods that enhance their performance most.