



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 cow's milk with no added sweeteners Unflavored non-dairy milk alternatives with no added sweeteners
<b>Baked Goods</b>	1 product	>= 2.5 grams dietary fiber, </= 10% of calories from saturated fat, </= 10% of calories from added sugar
<b>Bread Products</b>	1 slice/roll	1st ingredient is a whole grain, >= 2.5 grams dietary fiber, </= 10% of calories from saturated fat, </= 10% of calories from added sugar
<b>Cereals</b>	Per serving (¾ - 1 cup)	1st ingredient is a whole grain, >= 2.5 grams dietary fiber
<b>Bars (granola, snack, protein)</b>	Per serving	First 2 ingredients are nuts, seeds, whole fruits or whole grains, no added vitamins or minerals
<b>Chips, Pre-Packaged Snacks</b>	Per serving	</= 10% of calories from saturated fat, >= 2 grams dietary fiber, </= 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
<b>Fruits</b>	Per serving (1 whole fruit or ½ 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 ½ cup), $\geq$ 5 grams of fiber or grain is a whole grain, $\leq$ 10% of calories from added sugar, $\leq$ 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, $\leq$ 4.5g saturated fat, Meat: $\leq$ 140mg sodium per oz, Protein based salads: $\leq$ 240mg 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 (½ cup)	$\geq$ 2.5 grams of fiber or contains whole grains and/or vegetables, $\leq$ 10% of calories from saturated fat, $\leq$ 300mg 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*, $\leq$ 300mg 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

- $<$  .5g 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](http://healthy.ucdavis.edu/nourish)

