



LIVING X WHOLE

Wellness Program

WELLNESS ENTRÉE/PER SERVING

Calories Less than or equal to 500
Sodium Less than 550mg
Total Fat Less than 14g
Sat. Fat Less than or equal to 3g
Trans Fat Less than 0.5g
Cholesterol 20 mg or less
Nutrients 10% or more of the daily value of 1 of 6 nutrients:
Vitamin A, Vitamin C, Iron, Calcium, Protein or Fiber.
Fiber 2.5g or greater

WELLNESS MEAL

Calories Less than 700
Sodium Less than 700mg
Total Fat Less than 20g
Sat. Fat 5g or less
Trans Fat Less than 0.5g
Cholesterol Less than 75mg
Nutrients 10% or more of the daily value of 1 of 6 nutrients:
Vitamin A, Vitamin C, Iron, Calcium, Protein or Fiber
Fiber 7g or greater

WELLNESS SIDES

Calories Less than 175
Sodium Less than 200mg
Sat. Fat Less than 10% calories from saturated fat
Trans Fat Less than 0.5g
Cholesterol 20 mg or less
Whole Grain Unrefined

WELLNESS SNACKS

Calories Less than 200
Sodium Less than 140mg
Total Fat 3g or less (Nuts not included)
Sat. Fat 1 gram or less
Trans Fat Less than 0.5g
Cholesterol 20mg or less
Sugar Less than 10g
Whole Grain Unrefined
Nutrients 10% or more of the daily value of 1 of 6 nutrients:
Vitamin A, Vitamin C, Iron, Calcium, Protein or Fiber



LOMA LINDA UNIVERSITY
HEALTH