

## New Balanced Choices FIT Criteria

Our nutrition criteria have always been based on current scientific research. As new research emerges, we update our recommendations to reflect current scientific consensus. Effective November 18, 2010, the criteria for FIT menu items has been updated to the following:

	<b>Entrée Only</b>
<b>Calories</b>	400 or <
<b>Fat, g</b>	<b>20 or &lt;</b>
<b>Sat. Fat, g</b>	5 or <
<b>Sodium, mg</b>	600 or <
<b>Cholesterol, mg</b>	<b>100 or &lt;</b>

### The changes from the previous FIT criteria include:

- An increase in the total fat allowed;
- An adjustment of the total cholesterol allowed to reflect 1/3 of the total daily recommended limit;
- No increase in total calories, saturated fat or sodium.

These adjustments will allow for an increased variety of menu offerings meeting the FIT criteria. The inclusion of more items that contain healthy fats is consistent with current health recommendations and will improve flavor and variety as well.

## BACKGROUND:

At the November 2010 American Dietetic Association Food and Nutrition Conference and Expo (FNCE), a session titled “The Great Fat Debate” addressed the current research findings of the role of fat and individual fatty acids in health. Speakers, including Walter Willett, MD, DrPH of the Harvard School of Public Health, suggested that a message to reduce total fat may not be beneficial to health and that the focus should be on replacing saturated fat with more healthful unsaturated fat.<sup>1</sup>

The Report of the DGAC on the Dietary Guidelines for Americans, 2010 includes the following recommendation: In order to reduce the population’s burden from CVD [cardiovascular disease] and T2D [Type 2 Diabetes], and their risk factors, the preponderance of the evidence indicates beneficial health effects associated with:

1. Limiting saturated fatty acid intake to less than 7 percent of calories, replacing these calories with those from mono- or polyunsaturated fatty acids, rather than carbohydrates.
2. Limiting dietary cholesterol to less than 300 mg per day.<sup>2</sup> A 2009 American Heart Association Science Advisory concluded that including omega-6 polyunsaturated fatty acids as part of a low saturated fat, low cholesterol diet reduces the risk of cardiovascular disease and that increasing these healthier fats may reduce risk even further.<sup>3</sup>

#### References:

1. W Willet, D Mozaffarian, A Lichtenstein, L Kuller. Member Showcase: The Great Fat Debate: Is There Validity in the Age-Old Dietary Guidance? American Dietetic Association, Food and Nutrition Conference and Exhibition, November 2010.
2. Dietary Guidelines Advisory Committee (DGAC). Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010. Washington DC: US Department of Agriculture and US Department of Health and Human Services, June 2010.
3. WS Harris, D Mozaffarian, E Rimm, P Kris-Etherton, LL Rudel, LJ Appel, MM Engler, MB Engler, and F Sacks. Omega-6 Fatty Acids and Risk for Cardiovascular Disease: A Science Advisory From the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular Nursing; and Council on Epidemiology and Prevention. *Circulation*, Feb 2009; 119: 902 - 907.



**FIT**- Moderate fat, calories, cholesterol and sodium. Meet criteria listed above.



**VEGETARIAN** - Contains no meat, fish, poultry, shellfish or products derived from these sources, but may contain dairy or eggs.



**OCEAN FRIENDLY SEAFOOD** –  
Meets the Monterey Bay Aquarium’s Sustainable Seafood Guidelines.  
<http://www.montereybayaquarium.org/cr/seafoodwatch.aspx>