

BALANCED CHOICES[®] for a healthy lifestyle

Food Icon Guide

Restaurant Associates

**DAIRY
FREE**

Dairy Free
Contains no milk products

**VEGE-
TARIAN**

Leafy-Green Vegetables
Contains no meat, poultry or fish products

LOCAL

Local
From sources that are no more than 150 miles from the location in which it is served

**HIGH
PROTEIN**

High Protein
Contains 20% or more of the Daily Value
(Daily Value = 50g)

LEAN

Lean
Contains less than 10g fat, 4.5g or less saturated fat, and less than 95mg cholesterol per serving and per 100g (approximately 3.5oz)
*Only describes the fat content of meat, poultry, seafood and game meats.

**CALCIUM
PLUS**

Calcium Plus
Contains 10% or more of the Daily Value
(Daily Value = 1000mg)

**FIBER
PLUS**

Fiber Plus
Contains 10% or more of the Daily Value
(Daily Value = 25g)

**VITAMIN
C PLUS**

Vitamin C Plus
Contains 10% or more of the Daily Value
(Daily Value = 60mg)