

The Smart Meal™ program labels and highlights restaurant meals that are 700 calories or less, lower in fat, and include components such as whole grains, fruits and vegetables. This program helps eating establishments promote healthy meal options while making it easier for restaurant patrons to identify healthy choices.

The Smart Meal™ seal clearly identifies menu items that meet the designated healthy guidelines.

The Smart Meal™ program was created by the Colorado Physical Activity and Nutrition Program.

The Smart Meal™ was made available to Wisconsin restaurants in spring of 2011, and is supported by the Get Active Initiative which is endorsed by the Healthy People Wood County Obesity Prevention Coalition.

Smart Meal™ was developed to:

- ✓ Promote an increase of fruit and vegetable consumption
- ✓ Help consumers identify healthy menu items
- ✓ Combat the rise of obesity and other related chronic diseases in Wisconsin

Nutritional Requirements based on recommendations from the:

- ✓ US Dietary Guidelines
- ✓ Fruits and Veggies: More Matters
- ✓ Western Dairy Council
- ✓ The American Heart Association
- ✓ FDA nutrition labeling guidelines
- ✓ Winner's Circle-North Carolina Prevention Partners

## Guidelines

### Adult Meal Item

- ✓ **Minimum of 2 servings** of beans, whole grains, fruits or vegetables. May substitute one serving for a fat-free or low-fat milk or equivalent milk product.
- ✓ No more than 700 calories
- ✓ Either 30% of total calories from fat or no more than 23 grams of total fat
- ✓ Either 10% of calories from saturated fat or no more than 8 grams of saturated fat
- ✓ 0.5 grams or less of trans fat (no artificial trans fat)
- ✓ No more than 1,500 mg of sodium

### Kids Meal Item

- ✓ **Minimum of 2 servings** of beans, whole grains, fruits or vegetables. May substitute one serving for a fat-free or low-fat milk or equivalent milk product.
- ✓ 400-600 calories or fewer
- ✓ Either 30% of total calories from fat or 13-20 grams or fewer of total fat
- ✓ Either 10% of calories from saturated fat or 4-7 grams or fewer of saturated fat
- ✓ 0.5 grams or less of trans fat (no artificial trans fat)
- ✓ 600-800 mg or fewer of sodium

### Serving Sizes (one serving equals):

- ✓ 1/2 cup cooked beans/legumes
- ✓ 1/2 cup cooked brown rice or whole grain pasta
- ✓ 1 slice whole grain bread
- ✓ 1 cup raw leafy greens
- ✓ 1/2 cup raw or cooked vegetables
- ✓ 1/2 cup cut up fruit
- ✓ 1 cup fat-free or low-fat milk
- ✓ 1 cup fat-free or low-fat yogurt
- ✓ 1 oz fat-free or reduced fat cheese



### Potato-Wrapped Haddock

#### Main Ingredients:

- 8 (oz) Haddock
- 1 (oz) Potatoes
- 2 (oz) Tartar Sauce
- 6 (oz) Dinner Salad w/ Tomato-Basil Vinaigrette
- 1/2 Cup Broccoli

**Per serving:** Calories 510, Calories from Fat 230, Total Fat 23g (35% DV), Saturated Fat 5g (25% DV), Trans Fat 0g, Cholesterol 145mg (48% DV), Sodium 1230mg (51% DV), Carbohydrates 37g (12% DV), Dietary Fiber 5g (20% DV), Sugars 20g, Protein 42g, Vitamin A 220%, Vitamin C 100%, Calcium 15%, Iron 20%.

#### Qualifying Claims:

Low Calorie (510), Low Saturated Fat (5g)



### Salmon Gremolata

#### Main Ingredients:

- 1/2 Cup Broccoli
- 6 (oz) Dinner Salad w/ Tomato-Basil Vinaigrette
- 8 (oz) Salmon Filet

**Per serving:** Calories 630, Calories from Fat 310, Total Fat 34g (52% DV), Saturated Fat 7g (35% DV), Trans Fat 0g, Cholesterol 140mg (47% DV), Sodium 650mg (27% DV), Carbohydrates 25g (8% DV), Dietary Fiber 5g (20% DV), Sugars 10g, Protein 52g, Vitamin A 210%, Vitamin C 110%, Calcium 15%, Iron 20%.

#### Qualifying Claims:

Low Sodium (650mg)



### Butterflied Shrimp

#### Main Ingredients:

- 8 Shrimp, sautéed
- 2 (oz) Cocktail Sauce
- 1/2 Cup Broccoli
- 6 (oz) Dinner Salad w/ Tomato-Basil Vinaigrette

**Per serving:** Calories 220, Calories from Fat 50, Total Fat 6g (9% DV), Saturated Fat 1g (5% DV), Trans Fat 0g, Cholesterol 60mg (20% DV), Sodium 990mg (41% DV), Carbohydrates 31g (10% DV), Dietary Fiber 5g (20% DV), Sugars 19g, Protein 12g, Vitamin A 210%, Vitamin C 110%, Calcium 15%, Iron 15%.

#### Qualifying Claims:

Low Calorie (220), Low Saturated Fat (1g)  
Low Cholesterol (60mg), Low Total Fat (6g)



### Tenderloin

#### Main Ingredients:

- 1/2 Cup Broccoli
- 6 (oz) Dinner Salad w/ Tomato-Basil Vinaigrette
- 8 (oz) Tenderloin (no onion rings)

**Per serving:** Calories 320, Calories from Fat 70, Total Fat 7g (11% DV), Saturated Fat 3g (15% DV), Trans Fat 0g, Cholesterol 105mg (35% DV), Sodium 1250mg (52% DV), Carbohydrates 19g (6% DV), Dietary Fiber 4g (16% DV), Sugars 11g, Protein 48g, Vitamin A 210%, Vitamin C 90%, Calcium 10%, Iron 45%.

#### Qualifying Claims:

Low Calorie (320), Low Saturated Fat (3g)  
Low Total Fat (7g)



### Kid's Shrimp

#### Main Ingredients:

- 4 Shrimp, sautéed
- 1/2 Cup Broccoli
- 4 (oz) Applesauce, canned, sweetened, without salt
- 1 Spear Pickles, dill

**Per serving:** Calories 160, Calories from Fat 45, Total Fat 5g (8% DV), Saturated Fat 0.5g (2% DV), Trans Fat 0g, Cholesterol 30mg (10% DV), Sodium 420mg (18% DV), Carbohydrates 25g (8% DV), Dietary Fiber 4g (16% DV), Sugars 18g, Protein 6g, Vitamin A 20%, Vitamin C 80%, Calcium 8%, Iron 6%.

#### Qualifying Claims:

Low Calorie (160), Low Saturated Fat (.5g)  
Low Cholesterol (30mg), Low Total Fat (5g)



[www.getactivewisconsin.org/woodcounty](http://www.getactivewisconsin.org/woodcounty)

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# Smart Meal™



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