Look for the I on items that are U CHOOSE™ approved.

Items denoted with I must meet these criteria:

- ✓ Less than 10% calories from saturated fat
- ✓ Zero Trans Fat
- ✓ Low Calories
  - < 700 for meals
  - < 525 for entrees
  - < 175 for sides & snacks
- ✓ Low Sodium
- ✓ Low-Calorie Beverages
  - Juices - 100% fruit juice
  - Milk - Lowfat (1%) or Nonfat
  - Other Beverages - <40 calories per serving

For more information about U CHOOSE and Healthy Campus Nutrition Guidelines visit www.healthcare.uiowa.edu/fns/uchoose

UChoose is brought to you by:
Student Health & Wellness
UI Wellness/Human Resources
UIHC Food and Nutrition Services
University Housing & Dining