

Fresh 'n Fit Cuisine Meets Leading Health Associations' Nutritional Guidelines



USDA Pyramid Dietary Guidelines for Americans

American Diabetes Association Dietary Guidelines

American Cancer Society Dietary Guidelines

American Heart Association Dietary Guidelines

| Dietary Guidelines Categories | FRESH-N-FIT CUISINE FOOD TO DIET FOR! | USDA Pyramid Dietary Guidelines for Americans | American Diabetes Association Dietary Guidelines | American Cancer Society Dietary Guidelines | American Heart Association Dietary Guidelines |
|--|--|--|--|--|--|
| Total Fat & Hearty Healthy Oils | <30% of calories/day Incorporates healthy oils like Olive & Canola | <35% of calories/day Incorporate heart healthy oils | <30% of calories/day Incorporate heart healthy oils | Limit foods that are high in fat and few nutrients | <35% of calories/day Incorporate heart healthy oils |
| Saturated Fat | <7% of calories | <10% of calories/day | Limit intake to <7%-10% of calories/day | Limit intake | <7% of calories |
| Trans Fat | Zero | Keep as low as possible | Keep as low as possible | Keep as low as possible | Keep as low as possible |
| Cholesterol | <300 mg/day | <300 mg/day | <300 mg/day | <300 mg/day | <300 mg/day |
| Sodium | <2,300 mg/day | <2,300 mg/day | <2,400 mg/day | Limit consumption of higher sodium foods | <2,300 mg/day |
| Fruits & Vegetables | Includes a variety of fresh colorful fruits and vegetables | Eat at least 5 or more servings a day. Choose variety of colors. | Several servings a day recommended. Choose a variety of colors. | Several servings a day recommended. Choose a variety of colors. | Several servings a day recommended. Choose a variety of colors. |
| Fish | Includes 2 fish meals a week | Eat twice a week for healthy omega 3 fatty acids | Eat twice a week for healthy omega 3 fatty acids | Eat twice a week for healthy omega 3 fatty acids | Eat twice a week for healthy omega 3 fatty acids |
| Grains | Includes a wide variety of whole grains | Choose whole grains in preference to processed (refined) grains | Choose whole grains in preference to processed (refined) grains | Choose whole grains in preference to processed (refined) grains | Choose whole grains in preference to processed (refined) grains |
| Dairy | All dairy foods are low-fat or fat-free | Choose low-fat or fat-free | Choose low-fat or fat-free | Choose low-fat or fat-free | Choose low-fat or fat-free |
| Meats & Beans | All meats are lean and prepared using lean cooking methods, such as baking, broiling, roasting, and steaming. Meals never include fried foods. Beef is limited to once a week. Beans incorporated into meals. | Choose lean meats and beans & leaner cooking methods | Choose lean meats and beans & leaner cooking methods | Choose fish, poultry and/or beans more often than pork, beef, and lamb. Choose leaner cuts and use leaner cooking methods | Choose lean meats and beans & leaner cooking methods |
| Added Sugar | Limited use of product with added sugars. Unrefined sugar used. | Limit amounts | Limit amounts | Limit amounts | Limit amounts |
| Body Weight | *Portions are calorie controlled to 1,200 or 2,000 per day | Control portions and calories of foods to help achieve and maintain healthy body weight | Control portions and calories of foods to help achieve and maintain healthy body weight | Control portions and calories of foods to help achieve and maintain healthy body weight | Control portions and calories of foods to help achieve and maintain healthy body weight |

* Calorie content is based on weekly average.