



Healthy TU is Tulane’s very own healthy choices meal program! Healthy TU options are designed to meet nutrition criteria based on the latest science and guidelines. Healthy TU choices can be identified by the Healthy TU logo at participating retailers.



PLATES



ENTREES



SIDES



SOUPS



DESSERT OR SNACK

	PLATES	ENTREES	SIDES	SOUPS	DESSERT OR SNACK	
CALORIES	less than or equal to 500	less than or equal to 550	less than or equal to 500	less than or equal to 225	less than or equal to 200	
TOTAL FAT	less than or equal to 35% of calories from fat or less than or equal to 15g	less than or equal to 35% of calories from fat or less than or equal to 15g	less than or equal to 35% of calories from fat or less than or equal to 8g	less than or equal to 35% of calories from fat or less than or equal to 8g	less than or equal to 35% of calories from fat or less than or equal to 8g	
SATURATED FAT	less than or equal to 10% of calories from fat	less than or equal to 10% of calories from fat	less than or equal to 10% of calories from fat	less than or equal to 10% of calories from fat	less than or equal to 10% of calories from fat	
TRANS FAT	TRANS. FAT FREE! (less than 0.5g)	TRANS. FAT FREE! (less than 0.5g)	TRANS. FAT FREE! (less than 0.5g)	TRANS. FAT FREE! (less than 0.5g)	TRANS. FAT FREE! (less than 0.5g)	
CHOLESTEROL	less than or equal to 100MG	less than or equal to 100MG	less than or equal to 100MG	less than or equal to 25MG	less than or equal to 20MG	
SODIUM	less than or equal to 800MG	less than or equal to 700MG	less than or equal to 300MG	less than or equal to 700MG	less than or equal to 300MG	
OTHER	more than or equal to 3G FIBER	(i.e.: center plate protein, pizza, sandwiches, grill items, entree salads without protein or starch)			(8 oz. serving)	more than or equal to 3G FIBER

(contain at least 1 serving from each: protein, starch, veg/fruit)

(Meet all criteria OR 4 of the criteria and at least 30% of the Daily Value of one or more major nutrients, such as Vitamin A, C, E, Iron, Calcium, or Protein)