

# BMW A Guide To Healthy Eating

## Our Culinary Principles

- n Use wholesome ingredients
- n Use locally produced ingredients
- n Use healthful preparation and cooking techniques
- n Follow portion control methods
- n Assure items meet today's food & consumer trends
- n Assure items are flavorful and satisfying
- n Ensure the best quality

**Green Criteria:** *Items with the green tomato meet all of these healthy eating criteria. Eat freely.*

- ☐ 600 calories or less
- ☐ 35% calories from fat or less
- ☐ 10% calories from saturated fat or less
- ☐ 100 mg cholesterol or less
- ☐ Trans fat free
- ☐ 800 mg sodium or less
- ☐ 3g fiber or more



## Yellow Criteria:

*Items with the yellow tomato meet at least 4 of the 7 green healthy eating criteria. Eat carefully.*



## Red Criteria:

*Items with the red tomato meet only 3 or less of the green healthy eating criteria. Eat sparingly.*

