



The Colorado Department of Public Health and Environment

Smart Meal Seal was created by the Department of Public Health and Environment, the Colorado 5-A-Day task force and the Colorado Physical Activity and Nutrition Program to establish nutrition requirements specifically designed for restaurant meals. Restaurants can showcase those entrees that are lower in fat and include components such as beans, whole grains, fruits, and vegetables by highlighting them with the Smart Meal Seal.

What are the guidelines for a meal to qualify for the Smart Meal Seal?

- Minimum of 2 servings of beans, whole grains, fruits or vegetables. (Only 1 serving for a side dish.)
- Maximum of 700 calories. (300 calories for a side dish.)
- No more than 30% of total calories from fat – this is considered “Low Fat” through FDA nutrition labeling standards.
- No more than 15% of calories from saturated fat.
- No more than 0.5 grams of added/artificial trans fat
- No more than 1500 mg of sodium. (650 mg for a side dish.)

“Choosing these menu items means taking a step towards a healthier new you!”