

Nutrition Guidelines for Meal Kits per Meal

Nutrition Content

- ≤ 760 mg sodium (33% DV of 2300 mg/day)
- ≤ 7 g saturated fat (33% of DV of 22 g/day)
- 500-800 calories (25-40% of DV of 2000 cal/day)
- 0 g trans fat
- ≤ 17 g added sugars (33% of DV of 50 g/day)
- $\geq 10\%$ DV for one of the following: vitamin A, vitamin C, vitamin D, calcium, iron, potassium, or fiber
- At least 1 cup of vegetables
- At least 2 oz of grains
- At least 2 oz of protein

Nutrition Label Format

- Serving size (1/4 recipe)
- Servings per container/recipe (4)
- Bmp file format