

FIT KIDS DIET

For ages 8-18 years old

Max total of Saturated Fat per day is 20 grams (g)

1. Eat three times a day
2. Aim for <6.5g grams of saturated in each meal. The diet clerk will help you with your meal order to make sure your choices fit within your diet order.
3. **Call 3-1111** to order your meals. Or use Oneview tablet and TV to place order.

Menu rules and restrictions:

No regular Juice

No regular Jello

No Ginger ale

No Fried foods:

- French Fries
- Hash Browns
- Chicken Tenders

Restricted to single servings of each type of condiment

(ie 1 salt, 1 ketchup, 1 syrup...)

Unlimited Pepper/Mrs. Dash



FIT KIDS DIET

For ages 2-7 years old

Max total of Saturated Fat per day is 13.5 grams (g)

1. Eat three times a day
2. Aim for <4.5g grams of saturated in each meal. The diet clerk will help you with your meal order to make sure your choices fit within your diet order.
3. **Call 3-1111** to order your meals. Or use Oneview tablet and TV to place order.

Menu rules and restrictions:

No regular Juice

No regular Jello

No Ginger ale

No Fried foods:

-French Fries

-Hash Browns

-Chicken Tenders

Restricted to single servings of each type of condiment

(ie 1 salt, 1 ketchup, 1 syrup...)

Unlimited Pepper/Mrs. Dash

