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