

Small Steps for Healthy Leaps



Smart Meal Seal

The Colorado Department of Public Health and Environment Smart Meal Seal was created by 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, calories, and sodium and include components such as beans, whole grains, fruits or vegetables by highlighting them with the Smart Meal Seal.



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

- Two servings or more of beans, whole grains, fruits or vegetables. May substitute one serving for a serving of fat-free or low-fat milk or equivalent milk product (*Only one serving for a side dish*)
- 700 or less calories (*300 calories for a side dish*)
- 30 percent or less of total calories from fat or 23 grams or less of total fat (*10 grams for a side dish*)
- 10 percent or less of calories from saturated fat or 8 grams or less of saturated fat (*3 grams for a side dish*)
- 0.5 grams or less of trans fat (*no added or artificial trans fat*)
- 1,500 mg or less of sodium (*650 mg for a side dish*)
- Participating restaurants are required to have at least two qualifying menu items



**Choosing these menu items
means taking a step
towards a healthier you!**

**Nutritional analysis is required.
A suggested vendor is
On The Menu, LLC
www.otmenu.com*



The Smart Meal Seal is 1 of 4 initiatives from the Colorado Department of Public Health and Environment's Small Steps for Healthy Leaps Program. Restaurants all over Colorado are making the decision to offer healthier choices to their customers.

Join now!

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For more information, please contact the Colorado Physical Activity and Nutrition Coordinator at 303-692-2572 or by email at cdphe.pscopan@state.co.us.



Colorado Physical
Activity & Nutrition



Colorado Department
of Public Health
and Environment

For additional information about health, nutrition, and wellness programs throughout Colorado, please go to

www.livewellcolorado.com

