



Our NEW Amerifit Fitness & Nutrition App

Get your card, load the app on your device, get rewarded on healthy dining!

- ✓ Daily Nutrition Tips
- ✓ Links to the Cafe Menu
- ✓ Easy to Use Scanner to Log Meal Choices
- ✓ Quick Access to American Dining Creations Recipe Database
- ✓ Over 250,000 Menu Items from Your Favorite Restaurants & Grocery Store Items

Navigating The Café! As you decide on your dining options, you'll notice the following icons...



A Green Ameri-Fit meal will provide

- **less than 600 calories, less than 600 mg. sodium**
- **Less than 4 grams saturated fat, less than 95 mg. cholesterol**
- Focus on lean proteins such as fish and chicken; whole grains; fresh and frozen vegetables with no added salt or fat; fresh or frozen fruits with no added sugars; and non-fat dairy products.



A Yellow Ameri-Fit meal will provide

- **less than 800 calories, less than 800 mg. sodium**
- **7 grams or less of saturated fat and less than 150 mg. cholesterol**
- These meals will include cuts of leaner cuts of beef and pork; whole and refined grains; fresh and frozen vegetables with a little added salt and fat; fresh, frozen and canned fruit in light syrup; and low fat dairy.



A Red meal will have

- **more than 800 calories, more than 800 mg. sodium**
- **more than 7 grams Saturated Fat and more than 150 mg. cholesterol**

We understand that healthy eating should be a value. The Ameri-Fit meals will be priced right, convenient, appetizing and of course, healthy. The Green Ameri-Fit meals will include a deep discount to promote Health & Wellness. Likewise, Yellow will receive a fantastic discount.

You will notice that equally delicious red items do not receive a discount. This is not to say that they are bad however our hope is that by limiting your red item intake, we can promote a more positive and healthy work environment.

Remember, healthy food does not have to be unexciting food. Our talented team of chefs and dietitians have been working hard to develop meals that fit into the Ameri-Fit guidelines while maintaining a high standard of taste and presentation.