



LITTLE GREEN FORK

The Little Green Fork is a wellness awareness initiative that helps guide better dining choices. We've designated the green fork icon to make your shopping experience a breeze. Spot the green fork, spot the healthier choice!

Making the effort to swap certain ingredients for their healthier counterpart are small steps that we can feel good about without sacrificing our favorite meals. For example, swapping white bread for whole wheat bread or regular eggs for egg whites.

Let the Green Fork guide you to where the healthier choice can be found within our dining spaces!



THIS OR THAT?

Instead of

Try

Spanish Rice	Brown Rice or Quinoa
Red Meat	Fish or Grilled Chicken
White Bread	Whole Wheat or Multi-Grain
Pork Sausage	Turkey Bacon
Ranch Dressing	Balsamic Vinaigrette
Half & Half	Skim Milk
Regular Pizza Crust	Cauliflower Crust
Romaine Lettuce	Dark Leafy Greens
Whole Eggs	Egg Whites
Soda	Seltzer Water





DID YOU KNOW?

85% of your calories are needed per day to meet food group recommendations healthfully in nutrient dense forms.

15% of remaining calories are available for other uses (including added sugars and saturated fat).





DID YOU KNOW?

About 80% of the U.S. population does not meet fruit recommendations.

Over 60 percent of all fruit intake comes from whole forms—fresh, canned, frozen, or dried—or 100% juice.

Fruit is generally consumed in nutrient-dense forms such as plain bananas, apples, oranges, or grapes.

However, some fruit is consumed as part of foods that may not be nutrient-dense, such as fruit pie or similar desserts.





DID YOU KNOW?

Nutrient-dense foods and beverages provide vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium.

Vegetables, fruits, whole grains, seafood, eggs, beans, peas, and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when prepared with no or little added sugars, saturated fat, and sodium—are nutrient-dense foods.





DID YOU KNOW?

Choose 100% whole-grain foods for at least half of all grains consumed.

The relative amount of whole grain in the food can be inferred by the placement of the grain in the ingredient list.

The whole grain should be the first ingredient—or the second ingredient after water.

For foods with multiple whole-grain ingredients, they should appear near the beginning of the ingredient list.





DID YOU KNOW?

The nutrient density and healthfulness of what people eat and drink often is determined ultimately by how a food item, dish or meal is prepared, at home and away from home, or produced by a manufacturer.

Based on the U.S. food supply and marketplace, the examples of healthy dietary patterns in this edition are achievable through thoughtful, informed choices one decision, one meal, one day at a time—and consistently over time.

