

**Looking to eat healthier?**

**Look for this Logo!**



If you are interested in eating healthier, Dining Services has a new program for you called **FIT**. **Fit Meals** main dishes will be less than 800 calories, 35% calories from fat and 1000mg of sodium likewise, side dishes will be no more than 250 calories, 35% calories from fat and 480mg of sodium. Together we can make a more **FIT** campus.