A Wellness Breakfast Contains:
- Fruit and/or Vegetables, Whole Grain, Lowfat Dairy or Lean Protein
- <400 Calories
- <10% Calories from Saturated Fat
- No Trans Fat
- <460mg Sodium

A Wellness Lunch/Dinner Contains:
- Lean Protein, Whole Grain, Lowfat Dairy, and Fruit and/or Vegetables
- <700 Calories
- <10% Calories from Saturated Fat
- No Trans Fat
- <800mg Sodium

For more information about Wellness Meals or nutrition assistance, please contact UR Registered Dietitian Karen Hensley, MS, RDN, CSSD at 804-289-8521 or khensley@richmond.edu.
A Wellness Breakfast Contains:
- Fruit and/or Vegetables, Whole Grain, Lowfat Dairy or Lean Protein
  - ≤400 Calories
  - ≤10% Calories from Saturated Fat
  - No Trans Fat
  - ≤460mg Sodium

A Wellness Lunch/Dinner Contains:
- Lean Protein, Whole Grain, Lowfat Dairy, and Fruit and/or Vegetables
  - ≤700 Calories
  - ≤10% Calories from Saturated Fat
  - No Trans Fat
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- ≤700 Calories
- ≤10% Calories from Saturated Fat
- No Trans Fat
- ≤800mg Sodium