



Special Dietary Definitions

Heart Friendly : 700mg or less of sodium, less than 30% of calories from fat, less than 10g of saturated fat. Meals meet the American Heart Association Guidelines.

Diabetic Friendly : 70g or less of carbohydrates per entrée. Meals are designed to promote and support healthy eating patterns based upon the recommendations of the American Diabetes Association.

Renal Friendly : 700mg or less of sodium, 650mg or less of potassium. For patients on hemodialysis, home dialysis or peritoneal dialysis.

Gluten Free : Contains no gluten, wheat or related grains. ELISA tested to meet Federal requirements of less than 20ppm of gluten per meal

Vegetarian : Includes no pork, beef, chicken or fish. May include eggs or dairy.

Pureed : Meals designed for those with difficulty swallowing

Low Sodium : 140mg or less of sodium per 100g.

Low Fat : 3g or less of fat per 100g and not more than 30% calories from fat.

Low Saturated Fat : 1g or less per 100g and no more than 10% of calories from saturated fat

Low Cholesterol : 20mg or less per 100g