

Disney Nutrition Guidelines Criteria

UNITED STATES & CANADA

AT A GLANCE:

The Nutrition Guidelines criteria were developed with the help of nutrition experts and informed by best-in-class science-based resources.

The criteria assess food items and meals based on the following:

DO THEY CONTRIBUTE TO A NUTRITIOUS DIET?

— fruit, vegetables, whole grain, low fat dairy or lean protein?

DO THEY ENCOURAGE KID-APPROPRIATE PORTIONS?

— calorie criteria

DO THEY LIMIT “NUTRIENTS TO AVOID”?

— sodium, sugar, saturated fat, trans fat

APPROVED FOOD GROUPS:

Fruits and vegetables – all.

Low-fat dairy – milk, yogurt, and cheese.

Whole grains – whole wheat pasta or bread, brown rice, quinoa, and oats.

Lean protein – lean meat, poultry, fish, dry beans, eggs, and nuts.

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FOOD CATEGORY	 COMPLETE MEAL	 MINI MEAL	 MAIN DISH	 SIDE DISH
SERVING SIZE	Max per listed serving	Max per listed serving	Max per listed serving	Max per listed serving
CALORIES	≤ 600 cal	≤ 400 cal	≤ 350 cal	≤ 200 cal
FAT (G)	–	–	–	–
SAT FAT (G)	≤ 1.1 g per 100 cal (≤ 10% of cal)	≤ 1.1 g per 100 cal (≤ 10% of cal)	≤ 1.1 g per 100 cal (≤ 10% of cal)	≤ 1.1 g per 100 cal (≤ 10% of cal)
ADDED TRANS FAT (G)	0g	0g	0g	0g
SUGAR (G)	≤ 1.1 g per 100 cal (≤ 10% of cal) Added sugar only	≤ 1.1 g per 100 cal (≤ 10% of cal) Added sugar only	≤ 1.1 g per 100 cal (≤ 10% of cal) Added sugar only	≤ 1.1 g per 100 cal (≤ 10% of cal)
SODIUM (MG)	≤ 740 mg	≤ 600 mg	≤ 600 mg	≤ 300 mg

CLARIFICATIONS AND ADDITIONAL REQUIREMENTS:

A Note on Cheese: If cheese is the only source of saturated fat in the meal AND compliant with the nutrition criteria for the cheese category, then saturated fat will not be included in the calculations of the meal category saturated fat limit. If there are multiple sources of saturated fat in the meal AND the meal contains 0.5 oz of cheese or more, then the meal may exceed saturated fat grams per serving by no more than 3 grams per serving. Must meet all other requirements.

All Meals: Minimum portion size is conformance with governing food regulation. Dietary fiber recommended, in addition to natural flavors, colors, and sweeteners.

Complete Meal: Must contain three or more 40-gram portions of food from approved food groups*.




Mini Meal: Mini Meals are multi-component meals with 2 or more approved food groups*.

Main Dishes: Must be in a form understood to be a breakfast, lunch, or dinner. Includes 2 or more approved food groups*. Side dishes that are part of a meal kit consisting of products individually available must adhere to the Nutrition Guidelines for each product.

Side Dishes: Includes 1 or more approved food groups*, excluding lean protein. Meal kits consisting of products individually available must adhere to the Nutrition Guidelines for each product.

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FOOD CATEGORY	 SHAPED AND PRE-MADE NUGGETS / MEATBALLS	 SAUSAGES AND HOT DOGS	 COOKED, CURED, AND SLICED	 RAW AND COOKED
SERVING SIZE	Max per listed serving	Max per 1 oz serving	Max per 1 oz serving	Max per listed serving
CALORIES	≤ 250 cal	≤ 80 cal per oz	≤ 80 cal per oz	≤ 250 cal per oz
FAT (G)	–	–	≤ 15% fat by weight	≤ 15% fat by weight
SAT FAT (G)	≤ 1.1 g per 100 cal (≤ 10% of cal)	≤ 1.5 g	–	–
ADDED TRANS FAT (G)	0 g	0 g	0 g	0 g
SUGAR (G)	≤ 1.1 g per 100 cal (≤ 10% of cal)	–	–	–
SODIUM (MG)	≤ 480 mg	≤ 200 mg max	≤ 350 mg max	≤ 350 mg

CLARIFICATIONS AND ADDITIONAL REQUIREMENTS:

All Meats: Lean meats recommended. Clean ingredient statement, natural flavors, and colors preferred. Vegetable proteins (e.g. soy) are acceptable to reduce fat content per government guidelines.

Cooked, Cured and Sliced: Lean meat only.

Raw and Cooked: Fresh or prepared (e.g. seasoned); 85% meat or leaner.

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FOOD CATEGORY	 BREAKFAST CEREALS	 SANDWICH BREAD	 SOUPS AND SAUCES	 CHEESE
SERVING SIZE	Max per 28 g serving	2 slices	Max per listed serving	Per listed serving
CALORIES	≤ 130 cal	≤ 150 cal	≤ 200 cal	≤ 110 cal
FAT (G)	–	–	–	–
SAT FAT (G)	≤ 1.1 g per 100 cal (≤ 10% of cal)	≤ 1.1 g per 100 cal (≤ 10% of cal)	≤ 1.1 g per 100 cal (≤ 10% of cal)	–
ADDED TRANS FAT (G)	0 g	0 g	0 g	0 g
SUGAR (G)	< 10 g	≤ 5 g	Tomato based: ≤ 12 g; Non-tomato based: ≤ 6 g	≤ 3 g
SODIUM (MG)	≤ 200 mg	≤ 240 mg	≤ 480 mg	≤ 200 mg

CLARIFICATIONS AND ADDITIONAL REQUIREMENTS:





Breakfast Cereal: Whole grain recommended. Unsweetened dried fruit inclusion is encouraged. Sugars coming from the fruit are excluded from the total sugar requirement. On-package where possible recommend that cereal be served with fat free or low fat milk and fruit.

Sandwich Bread: First ingredient must be whole grain. Target 1-6 grams of fiber.

Soups and Sauces: Applies to all soups and meal sauces. Vegetable-based sauce, whole grain starch, and fiber recommended in addition to natural flavors, colors, and sweeteners.

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FOOD CATEGORY	 YOGURT / YOGURT DRINKS			 MILK / SOY BEVERAGES	 FRUIT / VEGETABLE JUICE	 WATER-BASED BEVERAGES
	< 4 oz	4 - 5.9 oz	≥ 6 oz	Max 8 oz	Max 8 oz	Max per serving / container
SERVING SIZE	< 4 oz	4 - 5.9 oz	≥ 6 oz	Max 8 oz	Max 8 oz	Max per serving / container
CALORIES	≤ 30 cal per oz	≤ 120 cal	≤ 170 cal	≤ 150 cal	≤ 140 cal	≤ 20 cal
FAT (G)	-	-	-	≤ 1% milk fat	-	-
SAT FAT (G)	1 g	1.5 g	2 g	≤ 2 g	0 g	0 g
ADDED TRANS FAT (G)	0 g	0 g	0 g	0 g	0 g	0 g
SUGAR (G)	≤ 4 g per oz	≤ 15 g	≤ 23 g	≤ 3 g per oz (≤ 24 g max)	No added sugar	≤ 5 g
SODIUM (MG)	-	-	-	-	No added sodium	-

CLARIFICATIONS AND ADDITIONAL REQUIREMENTS:

All Beverages: No added caffeine or stimulants.




Milk / Soy Beverages: 1% milk or fat-free milk-based products only. Powdered flavorings evaluated as prepared. Preparation directions on packages must provide direction only with 1% or fat-free milk.

Water-based Beverages: Carbonation is allowed. Powdered / sugar flavorings evaluated as prepared. Tea and coffee for brewing is allowed. All concepts must be pre-approved by your regional compliance lead. Ready-to-drink tea and coffee is not permitted.

Fruit / Vegetable Juice: 100% juice or pure juice diluted with water only. Carbonation is allowed. No added sugar or sweeteners. Added sugar is only allowed for cranberry juice, up to 5 grams per serving. Portion-controlled recommended. High juice content preferred.

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FOOD CATEGORY	 SNACKS	 NUTS AND SEEDS	 GRANOLA BARS	
SERVING SIZE	Max per listed serving	Max per listed serving	Max per listed serving	Max per listed serving
CALORIES	≤ 150 cal	≤ 170 cal	≤ 150 cal	151-190 cal
FAT (G)	-	-	-	-
SAT FAT (G)	≤ 1.1 g per 100 cal (≤ 10% of cal)	-	≤ 1.1 g per 100 cal (≤ 10% of cal)	≤ 1.1 g per 100 cal (≤ 10% of cal)
ADDED TRANS FAT (G)	0 g	0 g	0 g	0 g
SUGAR (G)	≤ 6.25 g per 100 cal (≤ 25% of cal)	≤ 1.1 g per 100 cal (≤ 10% of cal) Added sugar only	≤ 10 g	≤ 12 g
SODIUM (MG)	≤ 220 mg	≤ 220 mg	220 mg	220 mg

CLARIFICATIONS AND ADDITIONAL REQUIREMENTS:

Treats: Not Permitted. Year-round desserts and confectionery products, such as brownies, baking decorations, frosting, cake, candy, chocolate, custard, dessert pudding, doughnut, gelatin, ice cream, sugar and sweets hard candy, sweet roll, and treat cookies are considered treats and are not permitted.

Snacks: Chips are allowed if total fat is lower than 35% of calories. Dried fruit without added sugar is allowed to exceed the total sugar value. Dried fruits that contain added sugars must meet the snacks criteria with the exception of dried cranberries, blueberries, and cherries. These three dried fruits can have up to 14 g total sugar per 1/4 cup serving. Calorie cap stands at 150 cal per serving. Recommended whole grains, vegetable or fruit ingredients, and natural flavors, colors, and sweeteners.

Nuts and Seeds: Nuts with dried fruit may use dried fruit sugar limits (see Snacks category). Trail mix or blends with chocolate, yogurt, or other non-fruit or non-nut add-ins are considered snacks. Nut butters are considered condiments. Recommend plain or lightly salted options and portion-controlled amounts.

Granola Bars: Must have whole grain in the ingredient statement. The first ingredient CANNOT be sugar. Meal replacement bars are not permitted. Natural flavors and colors recommended.