

Better For You Guide

UBS is committed to improving the health and well-being of our customers through the Better For You program with delicious, inspired, sustainable, and healthy food.



Look for this identifier to see Better For You options.

Dining Criteria

	Full Meal	Entrée Only	Side Dish
Calories	≤600	≤400	≤250
Saturated Fat & Natural Trans Fat Combined*(g)	≤5	≤5	≤2
Added Sugar (g)	≤10	≤10	≤10
Sodium (mg)	≤600	≤600	≤250

Note: Criteria for artificial trans fat is 0g.

Breakfast Criteria

	Breakfast Meal	Breakfast Sides
Calories	≤400	≤250
Saturated Fat & Natural Trans Fat Combined*(g)	≤5	≤2
Added Sugar (g)	≤10	≤10 (whole fruit exempt)
Sodium (mg)	≤600	≤250
Others	If grain item, must have whole grain as first grain ingredient by weight	If grain item, must have whole grain as first grain ingredient by weight

Note: Criteria for artificial trans fat is 0g.

Snack Criteria

	Per Package
Total	≤250
Saturated Fat	≤3
Trans Fat (g)	0
Added Sugar (g)	≤10 (whole fruit exempt)
Sodium (mg)	≤230



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