

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



Better For You

Allergen Symbols

Egg



Fish



Milk



Peanuts



Sesame



Shellfish



Soy



Tree Nuts



Wheat



Animal Protein Symbols

Beef



Chicken



Fish



Pork



Shellfish



Special Diet Symbols

Vegan



Vegetarian



Better for You



MyPlate for Older Adults

2020-2025 Dietary Guidelines for Americans

Fruits & Vegetables

Whole fruits and vegetables are rich in essential nutrients and fiber. Choose a variety that are deeply colored. Take advantage of different forms — particularly fresh and frozen.

Healthy Oils

Plant oils provide essential fatty acids and fat soluble vitamins. Use them to replace animal fats generally found in meat and full-fat dairy products.

Herbs & Spices

Replace salt with herbs and spices to enhance flavor and reduce sodium. Look for herb and spice blends without added salt.



Fluids

Adequate fluid intake is necessary. Sources include water, unsweetened beverages and soups, as well as fruits and vegetables.

Grains

Enriched grains are good sources of B vitamins, and whole grains of fiber as well. At least $\frac{1}{2}$ should be whole grains.

Dairy

Milk, yogurt, and cheese are sources of calcium and other nutrients. Choose fat-free and low-fat dairy products in place of reduced- and full-fat.

Protein

High protein foods are rich in amino acids. Choose a variety including beans, nuts/seeds, fish, poultry and, if desired, lean meat.



Engage in regular physical activity