## **Nutrition Guidelines for Reception Station Meal Kit**

Total Calories: 350 to 500 calories

**Total Fat:** less than 35% of total calories 14 g total fat (maximum for 350 calorie meal) 20 g total fat (maximum for 500 calorie meal)

**Saturated Fat:** less than 10% of total calories 6 g saturated fat (maximum)

Trans Fat: Zero grams

Cholesterol: less than 25 mg

**Carbohydrates:** 50-60% of total calories

**Protein:** 5-15% of calories 4 g protein (minimum) 19 g protein (maximum)

**Sodium:** less than 500 mg

**Fiber:** minimum of 5 grams

## **Components**

- **Fruit Product**: fruit cup (4 oz cup minimum, packed in own juice), dried fruit (¼ cup minimum), fruit leathers, fruit snacks (made with real fruit, good source of vitamin C)
- Granola/Grain Bar: must provide at least 2.5g of fiber per serving
- Nuts/seeds: nuts, trail mix, or seeds
- **Drink:** 8 ounces of 100% fruit juice or 100% fruit juice blend with 100% DV vitamin C or 1% ESL UHT milk

Water, enhanced water (i.e. vitamin types), sport drinks (i.e. ades, electrolyte based), energy drinks, and non-nutritive drinks (i.e. artificially sweetened) are **not approved** for use in military meal kits

Products containing monosodium glutamate will not be approved.

Commercially purchased meal kits must have Nutrition Label in accordance with Nutrition Labeling and Education Act that displays **total** nutrient amounts **for the entire meal**. Additionally, each food and drink item in the meal kit must have a nutrition label.

\*\*These kits are limited to Reception Stations\*\*

## **RECEPTION STATION MEAL KITS**

The following is a listing of approved reception station meal kits approved for use in Initial Military Training Reception Stations.

Products listed here have had a nutrition review by the JCCoE staff and included in this listing as "Army approved". Army Food Program managers are requested to select from this listing to insure compliance with the Army Nutrition guidance.

Shelf Stable			
SNACK KIT W/DRINK, SS, juice,	8940-01-E62-2521	G. A. Food	12/14 Oz Co Per Case
granola bar, fruit cup, sunflower		Services/Sun Meadow	SKU # MO01
seeds		Vendor Code # 0058	