

Good Choice

The following nutrition guidelines are used to identify products that meet the Good Choice criteria.

Category	Examples of what is included	Good Choice Criteria*
Baked Goods	Bagels, muffins, breadsticks, English muffins, pitas, croissants, scones, tortillas, wraps	<ul style="list-style-type: none"> ≤ 290 mg sodium per serving ≤ 300 calories per serving
Beverages	Water, seltzer, soft drinks, fruit juice, coffee, tea	<ul style="list-style-type: none"> ≤ 25 calories per 8 fl. oz. No artificial or non-nutritive sweeteners Juice must be 100% fruit juice
Cereal	Corn, oat or rice-based cereals, granola, oatmeal	<ul style="list-style-type: none"> ≤ 200 mg sodium per serving ≥ 2 g fiber per serving ≤ 10 g sugar per serving
Cheese	Sliced cheese, cheese spreads, cottage cheese, cream cheese, feta	<ul style="list-style-type: none"> ≤ 350 mg sodium per serving
Desserts	Brownies, cookies, custards, dessert bars, ice cream, cakes, pie, pudding, tarts	<ul style="list-style-type: none"> ≤ 480 mg sodium per serving ≤ 200 calories per serving
Fruits, Vegetables, Beans, Nuts & Seeds	Canned, cooked, dried, fresh, frozen, pureed or whole fruits, vegetables, beans, nuts, and seeds	<ul style="list-style-type: none"> ≤ 290 mg sodium per serving No added sugars, artificial or non-nutritive sweeteners May only be packed in water or unsweetened 100% juice
Grains & Pasta	Brown rice, pasta, barley, quinoa	<ul style="list-style-type: none"> ≥ 3 g fiber per serving
Meat, Poultry, and Seafood	Chicken, turkey, beef, pork, fish, shellfish	<ul style="list-style-type: none"> ≤ 290 mg sodium per serving
Milk & Milk Substitutes	Milk, almond milk, soy milk	<ul style="list-style-type: none"> ≤ 2.5 g fat per 8 fl. oz. (milk only) No added sugars, artificial or non-nutritive sweeteners (milk only) Unflavored (substitutes only)
Pre-Packaged Snacks	Single-serve brownies and cookies, cereal bars, cheese, chips, crackers, granola bars, nuts, seeds, popcorn, pretzels, pudding	<ul style="list-style-type: none"> ≤ 200 calories per package ≤ 7 g total fat per package ≤ 2 g saturated fat per package ≤ 200 mg sodium per package ≤ 10 g sugar per package ≥ 2 g fiber per package
Prepared Foods	Cooked, marinated or prepared meats and vegetables, frozen entrees and sides, breadcrumbs, frozen waffles, instant foods, pizza, potato salad, ravioli, soups	<ul style="list-style-type: none"> ≤ 480 mg sodium per serving
Processed Meat	Bacon, ham, hotdogs, pepperoni, roast beef, salami, breakfast sausage, turkey	<ul style="list-style-type: none"> ≤ 480 mg sodium per serving
Sandwich Bread	Sliced loaves or individual slices of bread	<ul style="list-style-type: none"> ≤ 180 mg sodium per slice ≥ 2 g fiber per slice
Sauces, Dressings, and Dips	Barbecue sauce, ketchup, glazes, guacamole, hot sauce, hummus, marinades, salad dressing, steak sauce, peanut butter, salsa, tomato sauce	<ul style="list-style-type: none"> ≤ 350 mg sodium per serving
Yogurt	Yogurt, yogurt smoothies, kefir	<ul style="list-style-type: none"> ≤ 3 g fat per 8 oz. ≤ 30 g sugar per 8 oz.

*All products labeled must contain 0 g trans fat

*All items that meet Good Choice criteria must be determined by the NYC Health Department

For more information, contact goodchoice@health.nyc.gov

