

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	Rolls, tortillas, wraps, pita, specialty breads (e.g. focaccia, brioche), hamburger and hot dog buns, pizza dough	≤ 290 mg sodium per serving
Beans	Fresh, frozen, canned, and dried beans	≤ 290 mg sodium per serving No added sweeteners
Beverages	Water, seltzer, soft drinks, coffee, tea	≤ 25 calories per 8 fl oz No artificial or non-nutritive sweeteners
Breakfast Breads	Bagels, muffins, biscuits, pound cakes, croissants, danishes, donuts, scones	≤ 290 mg sodium per serving ≤ 300 calories per item
Cereal	Ready-to-eat cereal, single-serve hot cereal	≤ 215 mg sodium per serving ≤ 10 g sugar per serving ≥ 2 g fiber per serving
Convenience Food	Breaded, cooked, cured, or seasoned meats, seafood, and vegetables; frozen entrees and sides; breakfast meats; prepared cold salads	≤ 480 mg sodium per serving
Desserts	Cookies, cakes, brownies, pies, pudding, custard, gelatin, ice cream	≤ 480 mg sodium per serving ≤ 200 calories per item
Fluid Milk Substitutes	Soy milk, almond milk, rice milk	Unflavored
Frozen Whole Meals	Meal including entrée and at least one side (e.g. Kosher meal, Halal meal)	≤ 805 mg sodium per package
Fruit	Fresh, frozen, or canned fruit	In unsweetened juice or water No artificial or non-nutritive sweeteners
Juice		100% fruit juice No artificial or non-nutritive sweeteners ≤ 6 fl oz if single-serve
Luncheon Meat	Turkey, ham, roast beef, salami, pepperoni	≤ 480 mg sodium per serving
Milk		Lowfat (1%) or non-fat (skim) Unsweetened
Other Grains	Brown rice, whole wheat pasta, quinoa	At least 50% whole grain
Other Items	Instant foods, cheese, stocks, broths, bases	≤ 480 mg sodium
Poultry	Fresh, frozen, and canned chicken and turkey	≤ 290 mg sodium
Pre-Packaged Snacks	Single serve fruit, yogurt, nuts, chips, pretzels, popcorn, cookies, granola bars	≤ 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 if grain-/potato-based product
Salad Dressing		≤ 290 mg sodium per serving
Sauce	Barbecue sauce, marinades, steak sauce, salsa, glazes, Asian condiments, cheese/cream sauces	≤ 480 mg sodium per serving
Seafood	Fresh, frozen, and canned fish and shellfish	≤ 290 mg sodium per serving
Sliced Sandwich Bread		At least 50% whole grain ≤ 180 mg sodium per slice ≥ 2 g fiber per slice
Soup	Canned or frozen soups and stews	≤ 480 mg sodium per 8 fl oz
Soy Sauce	Soy sauce, tamari, shoyu	≤ 600 mg sodium per serving
Vegetables	Fresh, frozen, and canned vegetables	≤ 290 mg sodium per serving No added sweeteners
Yogurt	Yogurt and dairy-based smoothies	Low-fat or non-fat ≤ 30 g sugar per 8 oz

*all items must contain less than .5g trans fat per serving

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

For more information email goodchoice@health.nyc.gov