

Sonoma County Smart Meal Program

The Smart Meal Program establishes nutrition requirements specifically designed for restaurant meals (including delis). Restaurants showcase entrees that are lower in fat, calories, and sodium and include components such as grains, fruits, and vegetables by highlighting them with the Smart Meal™ Seal (right). Promotional materials and publicity efforts educate consumers about what the Smart Meal™ Seal signifies when seen on a menu.



Smart Meal was developed by the Colorado Physical Activity and Nutrition program and was adopted in 2009 by the Community Activity and Nutrition Coalition of Sonoma County (CAN-C)¹ and is endorsed by Health Action.² A pilot project is currently being implemented in the Kawana Springs/South Park and Roseland neighborhoods in south Santa Rosa

Adult Smart Meal Nutritional Requirements

- Two servings or more of beans, whole grains, fruits or vegetables. May substitute one serving for a serving of fat-free or low-fat milk or equivalent milk product (*only one serving for a side dish*)
- 700 calories or less (*300 calories for a side dish*)
- 30 percent or less of total calories from fat or 23 grams or less of total fat (*10 grams for a side dish*)
- 10 percent or less of calories from saturated fat or 8 grams or less of saturated fat (*3 grams for a side dish*)
- 0.5 grams or less of trans fat (no added or artificial trans fat)
- 1,500 mg or less of sodium (*650 mg for a side dish*)

Smart Meal Kids Nutritional Requirements

- Two servings or more of beans, whole grains, fruits or vegetables. May substitute one serving for a serving of fat-free or low-fat milk or equivalent milk product
- 400-600 calories*
- 30 percent or less of total calories from fat or 13-20 grams or less of total fat
- 10 percent or less of calories from saturated fat or 4-7 grams or less of saturated fat
- 0.5g or less of trans fat (*no added or artificial trans fat*)
- 600-800 mg or less of sodium*

* Calorie and sodium ranges represent approximately 1/3 of daily recommended allowance for children ages 4-8 and 9-13 years, respectively.

¹ The **Community Activity and Nutrition Coalition of Sonoma County (CAN-C)** is a group of individuals, professionals and community based organizations concerned about the nutritional health, activity level and well-being of the residents of our community. The mission of CAN-C is to promote optimal nutritional and physical health for Sonoma County residents with an emphasis on children. More information can be found at www.sonoma-county.org/health/prev/canc.htm.

² **Health Action** was created in 2008 by the County Board of Supervisors in the face of the mounting crisis in health and health care delivery in Sonoma County and elsewhere in the United States. More information can be found at www.sonomahealthaction.org.