



Disney Nutrition Guideline Criteria

Disney partners with parents to inspire kids to lead healthier lifestyles. In 2006, Disney became the first major media company to establish nutrition guidelines, which associate its brands and characters with more nutritionally balanced foods.

The nutrition guideline criteria were developed with the help of experts and align to the federal Dietary Guidelines for Americans. The criteria assess food items and meals based on the following:

- **Do they contribute to a nutritious diet?**
 - fruits, vegetables, whole grains, low fat dairy, or lean protein
- **Do they encourage kid-appropriate portions?**
 - calorie criteria
- **Do they limit ‘nutrients to avoid’?**
 - sodium, sugar, saturated fat, trans fat

Mickey Check

The Mickey Check is a new tool that makes it easier to identify nutritious choices that meet these nutrition criteria. The Mickey Check will be on Disney-licensed food products sold at retail, on qualifying recipes on Disney.com and Family.com, and at various locations throughout Walt Disney World® and Disneyland® Resorts.



Disney Nutrition Guideline Criteria

Minimally processed or stand alone fruits and vegetables automatically comply with the Nutrition Guidelines.



Food Category (totals per portion)	Complete Meal (Kids' Meal)	Mini Meal / Multi-Component Snack	Breakfast Meal	Main Dish	Side Dish
Calories	≤ 600 cal	≤ 400 cal	400 - 600 cal	≤ 350 cal	≤ 200 cal
Sat Fat (g)	≤ 10% of calories (1.1 g per 100 cal)	≤ 10% of calories (1.1 g per 100 cal)	≤ 10% of calories (1.1 g per 100 cal)	≤ 10% of calories (1.1 g per 100 cal)	≤ 10% of calories (1.1 g per 100 cal)
Sugar (g)	≤ 10% of calories (2.5 g per 100 cal) <i>Added sugar only</i>	≤ 10% of calories (2.5 g per 100 cal) <i>Added sugar only</i>	Must meet limits for individual components (e.g., cereal)	≤ 10% of calories (2.5 g per 100 cal) <i>Added sugar only</i>	≤ 10% of calories (2.5 g per 100 cal)
Sodium (mg)	≤ 740 mg	≤ 600 mg	≤ 600 mg	≤ 600 mg	≤ 300 mg
Added Trans Fat (g)	0 g	0 g	0 g	0 g	0 g
Ingredient Requirements	Includes 3 or more approved food groups* (1 must be fruit or veg)	Includes 2 or more approved food groups*	Includes 2 or more approved food groups*	Includes 2 or more approved food groups*	Includes 1 or more approved food groups*, excluding lean protein
Considerations & Exceptions	<ul style="list-style-type: none"> Individual food elements of a pre-bundled or pre-packaged meal or snack may not be calculated separately (e.g., sandwich and chips) If the meal comes with a beverages, then the beverage must be compliant (water-based beverage, low-fat milk, 100% juice) 				

Some allowance (e.g., naturally-occurring sugars) may be made for prepared or minimally-processed foods with fruit, vegetables, low-fat dairy or whole grains as the PRIMARY ingredient.

* Approved food groups:

1. Fruits
2. Vegetables
3. Low-fat dairy (milk, yogurt, cheese)
4. Whole grains (whole wheat pasta or bread, corn, brown rice, oats, quinoa, etc.)
5. Lean protein (meat, poultry, fish), dry beans, eggs, and nuts



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Food Category (totals per portion)	Breakfast Cereal	Sandwich Bread	Soups and Sauces	Yogurt or Yogurt-Based Drinks		
Serving Size	Per 1 oz or 30 g	2 slices	Listed serving size	<4 oz 	4 oz 	6 oz 
Calories	≤ 130 cal	≤ 150 cal	≤ 200 cal	≤ 30 cal per oz	≤ 120 cal	≤ 170 cal
Sat Fat (g)	≤ 10% of calories (1.1 g per 100 cal)	≤ 10% of calories (1.1 g per 100 cal)	≤ 10% of calories (1.1 g per 100 cal)	1 g	1.5 g	≤ 2 g
Sugar (g)	< 10 g	≤ 5 g	≤ 6 g	≤ 4 g per oz	≤ 15 g	≤ 23 g
Sodium (mg)	≤ 200 mg	≤ 240 mg	≤ 480 mg	N/A	N/A	N/A
Added Trans Fat (g)	0 g	0 g	0 g	0 g	0 g	0 g
Additional Requirements	N/A	1st ingredient MUST be whole grain	N/A	N/A	N/A	N/A
Considerations & Exceptions	Whole grain recommended	N/A	Tomato-based products (e.g., pasta sauce) allowed ≤ 12 g total sugar	Sugars include those naturally present.		

Some allowance (e.g., naturally-occurring sugars) may be made for prepared or minimally-processed foods with fruit, vegetables, low-fat dairy or whole grains as the PRIMARY ingredient.

* Approved food groups:

1. Fruits
2. Vegetables
3. Low-fat milk, yogurt, and cheese
4. Whole grains (whole wheat pasta or bread, corn, brown rice, oats, quinoa, etc.)
5. Lean protein (meat, poultry, fish), dry beans, eggs, and nuts



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Food Category	Snacks	Cheese	Milk (Dairy/Soy)	Juices	Water or Water-based
Serving Size	Max of 1 oz or 30 g	Per 1 oz	Per 8 oz	Per 8 oz	Per 8 oz
Calories	≤ 150 cal	≤ 80 cal	≤ 150 cal	≤ 140 cal	≤ 20 cal
Sat Fat (g)	≤ 10% of calories (1.1 g per 100 cal)	N/A	≤ 2 g	0 g	0 g
Sugar (g)	≤ 25% of calories (6.25 g per 100 cal)	≤ 3 g	≤ 3 g per oz	No added sugar	≤ 5 g
Sodium (mg)	≤ 220 mg	≤ 200 mg	N/A	No added sodium	0 mg
Added Trans Fat (g)	0 g	0 g	0 g	0 g	0 g
Additional Requirements	N/A	N/A	Fat-free or 1%	100% pure juice with or without water	N/A
Considerations & Exceptions	<ul style="list-style-type: none"> • 1 approved food group* recommended • Chips cannot exceed 3.9 g FAT per 100 cal. 	<ul style="list-style-type: none"> • Reduced or low-fat recommended 	<ul style="list-style-type: none"> • Soy milk products can exceed fat grams per serving. • No added caffeine or stimulants of any kind other than what is naturally occurring in cocoa. 	<ul style="list-style-type: none"> • No added sugar or sweeteners. • Added sugar is only allowed for cranberry juice, up to 5 grams per serving. 	<ul style="list-style-type: none"> • No added caffeine or stimulants of any kind other than what is naturally occurring in cocoa.

Some allowance (e.g., naturally-occurring sugars) may be made for prepared or minimally-processed foods with fruit, vegetables, low-fat dairy or whole grains as the PRIMARY ingredient.

* Approved food groups:

1. Fruits
2. Vegetables
3. Low-fat milk, yogurt, and cheese
4. Whole grains (whole wheat pasta or bread, corn, brown rice, oats, quinoa, etc.)
5. Lean protein (meat, poultry, fish), dry beans, eggs, and nuts



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Food Category (totals per portion)	Shaped Prepared Nuggets and Meatballs	Sausages and Hot Dogs	Cooked, Cured, and Sliced	Raw and Cooked
Serving Size	Listed serving size	Per 1 oz	Per 1 oz	Listed serving size or per 3 oz if family-sized
Calories	≤ 250 cal	≤ 80 cal per oz	≤ 80 cal per oz	≤ 250 cal
Sat Fat (g)	≤ 10% of calories (1.1 g per 100 cal)	≤ 1.5 g	≤ 15% total fat by weight	≤ 15% total fat by weight
Sugar (g)	≤ 10% of calories (2.5 g per 100 cal)	N/A	N/A	N/A
Sodium (mg)	480 mg	≤ 200 mg per oz	≤ 350 mg	≤ 350 mg
Added Trans Fat (g)	0 g	0 g	0 g	0 g

Considerations & Exceptions

- Lean meats (≤15% total fat by weight recommended)
- Vegetable proteins (e.g., soy) are acceptable to reduce fat content per government guidelines.

Some allowance (e.g., naturally-occurring sugars) may be made for prepared or minimally-processed foods with fruit, vegetables, low-fat dairy or whole grains as the PRIMARY ingredient.

* Approved food groups:

1. Fruits
2. Vegetables
3. Low-fat milk, yogurt, and cheese
4. Whole grains (whole wheat pasta or bread, corn, brown rice, oats, quinoa, etc.)
5. Lean protein (meat, poultry, fish), dry beans, eggs, and nuts