



Cleveland Clinic



Support a Healthy Body & Mind

Make Go!Well Foods Part of Your Diet

Cleveland Clinic recognizes the power of nutritious food. Consuming a diet rich in vegetables, fruits, beans and whole grains is associated with a lower risk of heart disease, stroke, diabetes and cancer.

To help you adopt and sustain healthy lifestyle behaviors, Cleveland Clinic experts developed our **Go!Well** foods criteria to empower you to choose foods that will help you live healthier, feel better and prevent or even reverse disease.

The **Go!Well** icon identifies food at the Crile Food Emporium that meets this criteria.



Go!Well foods meet a number of criteria for both meals (servings over 350 calories) and non-meals and snacks (servings under 350 calories):

Meals

(amount per selection)

- Less than 5g of saturated fat
- Less than 12g of added sugars & syrups
- Less than 600mg of sodium
- 0g of trans fat
- 50% whole grains

Non-Meals & Snacks

(amount per selection)

- Less than 2.5g of saturated fat
- Less than 7g of added sugars & syrups
- Less than 250mg of sodium
- 0g of trans fat
- 50% whole grains

Ready for a nutritious meal or snack? Look for items marked as **Go!Well** foods at the Crile Food Emporium on Cleveland Clinic's main campus.

You can also use these guidelines to make healthy food decisions while at home, doing your grocery shopping or dining out at your favorite restaurant.

Want more information on this program? Visit:

clevelandclinic.org/gowell

