



## Sample Policies and Standards

Many public and private organizations have created healthy food and beverage policies and procurement standards to support facilities in their efforts to provide healthy choices. Clear definitions of important terms (such as what constitutes a “healthy beverage” or “healthy entrée”) and specific nutritional standards are keystones to any policy. Below are several examples of healthy food and beverage guidelines that could be adapted to fit an organization’s needs and goals.

### American Heart Association’s seven simple steps to get started:

- Reduce and ultimately eliminate pop and sugar-sweetened beverages;
- Offer at least one fruit and/or vegetable serving with every meal;
- Provide softened margarine instead of butter (if needed);
- Reduce and ultimately eliminate candy in vending machines;
- Switch to whole-grain bread and bread products;
- Serve fruit instead of traditional desserts; and
- Do not serve fried foods.



### American Heart Association’s guidelines for healthy beverages:

- Water (including sparkling, seltzer or flavored water);
- 100 percent fruit juice (less than 180 calories per 12-ounce serving) with no added sweeteners;
- No- or low-calorie beverages (less than 10 calories per 8-ounce serving) and mid-calorie beverages (light juices, teas and other drinks with no more than 66 calories per 8-ounce serving);
- Fat-free or low-fat (less than 1 percent) milk, and if flavored, no more than 150 calories per 8-ounce serving;
- Regular and herbal unsweetened teas (hot or cold);
- Coffee (with less than 1 percent or lower fat milk or creamers as well as soy alternatives); and
- In vending machines, at least 50 percent of beverages offered should be water and no- or low-calorie options.

### Centers for Disease Control and Prevention’s standard criteria:

- At least 50 percent of available beverage choices (other than 100 percent juice and unsweetened milk) must contain less than 40 calories per serving;
- If juice is offered, only offer 100 percent juice with no added caloric sweeteners;
- Vegetable juices must contain less than 230 milligrams of sodium per serving; and
- Drinking water, preferably chilled tap, must be offered at no charge at all meal service events.



### The Healthy Kids Challenge Nutrition Standards for Kansas Communities for snacks and side dishes:

- **Calories:** No more than 200 calories per item as packaged/served;
- **Fat:** No more than 35 percent of calories from fat (maximum 7 grams of fat for a 200 calorie snack), except for items that are 100 percent nuts, seeds or nut butter;
- **Saturated fats:** No more than 10 calories (maximum 2 grams for a 200 calorie item), except for items that are 100 percent nuts, seeds or nut butter;



- **Trans fat:** 0 grams;
- **Sodium:** No more than 200 milligrams per package/container/serving;
- **Sugar:** No more than 35 percent of calories from total sugar and a maximum of 10 grams of total sugar in the product, with the exception of fruits or vegetables without added sweeteners or fat and because of the lactose, yogurt with no more than 30 grams of total sugars per 8-ounce serving;
- **Additional:** Each snack food item – with the exception of sugarless chewing gum – must contain at least one of the following:
  1. A quarter cup of fruit, non-fried vegetable or fat-free/low-fat dairy, or
  2. One ounce of nuts or seeds or one tablespoon of nut butter, or
  3. At least 50 percent of the grain ingredients are whole grain (determined by the product having whole grain as the first ingredient, the manufacturer or a whole grain claim on the product), or
  4. At least 10 percent of the Daily Value of a naturally occurring nutrient of public health concern, such as calcium, potassium, vitamin D or fiber.

### The Robert Wood Johnson Foundation’s healthier beverage recommendations, tailored by age group:

- **Water:** Require access to free, safe drinking water wherever beverages are sold or served. Provide water with no sweeteners or carbonation for preschool-aged children (ages 2 to 4 years old); with no sweeteners (whether caloric or non-caloric) for older children; and with non-caloric sweeteners for teens and adults ages 14 and up.
- **Milk:** Only unflavored low-fat and fat-free milk and soy beverages (fortified with calcium and vitamin D) in no more than 8- to 12-ounce portions for children and youth; for adults, milk should be low-fat and fat-free milk or soy beverages (fortified with calcium and vitamin D) with no more than 130 calories per 8-ounces and in no larger than 12-ounce portions. Flavored milk is not considered a healthier beverage for preschool-aged children, and is not recommended for older children. If offered to older children, flavored milk should be fat-free or low-fat with less than 130 calories per 8-ounce serving.
- **Juice:** All juice should be 100 percent fruit or vegetable juice or fruit juice combined with water with no added sweeteners for children under 13 years old, and no added caloric sweeteners for other age groups. Recommended portion sizes range from less than 4 ounces to 8 ounces, depending on age. Sodium limits also vary by age group, from less than 70 milligrams of sodium per portion for preschoolers to less than 100 milligrams per portion for children ages 5 to 10 years old. Less than 140 milligrams of sodium per portion is recommended for all other age groups.



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## Health Care Without Harm suggests the following guidelines for defining healthy beverages:

- Water (filtered tap, unsweetened, 100 percent fruit infused and seltzer or flavored);
- 100 percent fruit juice (optimal 4-ounce serving);
- 100 percent vegetable juice (optimal sodium less than 140 milligrams);
- Milk (unflavored and certified organic or rBGH-free) and non-dairy milk alternatives (unsweetened); and
- Teas and coffee (unsweetened with only naturally occurring caffeine).



## The Healthier Hospitals Initiative recommends a goal to:

- Increase the percentage of healthy beverage purchases by 20 percent of total beverage purchases annually **OR** at least 80 percent of beverages purchased for use throughout the facility are healthy.



## Hospitals participating in the Healthy Kansas Hospitals initiative have provided samples of Healthy Food/Beverage Policies:

- No foods will be deep fat fried.
- Healthy entrée options will have a nutrition analysis label.
- The food budget will be at least 10 percent fresh fruits and vegetables.
- Juice portions will be no larger than 6 ounces.
- No "energy" drinks are sold.
- 70 percent of beverages sold contain less than or equal to 1 gram of sugar per fluid ounce.
- The Snack Stand contains fresh fruits and packaged snacks contain zero grams of processed Trans fat.
- Pricing and placement strategies are used to make healthy products more attractive.



## The Partnership for a Healthier America recommends the following nutritional standards:

### Children's Wellness Meal Nutrient Profile:

- Under 560 calories;
- Less than 10 percent of calories are from saturated fat;
- No artificial Trans fat; and
- Less than 665 milligrams of sodium.



### Children's Wellness Meal Food Profile:

- $\frac{3}{4}$ -ounce equivalent serving lean meat/poultry/fish or alternative;
- $\frac{3}{4}$ -ounce equivalent serving whole grain/rich grain;
- $\frac{1}{2}$  cup serving fruit;
- $\frac{3}{4}$  cup serving non-fried vegetable; and
- 1 cup low-fat dairy or equivalent.

### Affordability Profile:

- Priced less than or equal to other available meal options.

### Wellness Meals Nutrient Profile:

- Under 700 calories;
- Less than 10 percent of calories from saturated fat;
- No artificial trans fat; and
- Less than 800 milligrams of sodium.

### Wellness Meals Food Profile:

- 2-ounce equivalent serving lean meat/poultry/fish or alternative;
- 2-ounce equivalent serving whole grain/rich grain;
- $\frac{3}{4}$  cup serving fruit;
- $\frac{3}{4}$  cup serving non-fried vegetable; and
- 1 cup low-fat dairy or equivalent.

### Affordability Profile:

- Priced less than or equal to other available meal options.

### Entrée Nutrient Profile:

- Under 525 calories;
- Less than 10 percent of calories from saturated fat;
- No artificial Trans fat; and
- Less than 600 milligrams of sodium.

### Entrée Food Profile:

- 1.5-ounce equivalent serving lean meat/poultry/fish or alternative; and
- 1.5-ounce equivalent serving whole grain/rich grain OR 1 cup serving fruit and/or non-fried vegetable.

### Side Dish Nutrient Profile:

- Under 175 calories;
- Less than 10 percent of calories from saturated fat;
- No artificial Trans fat; and
- Less than 200 milligrams of sodium.

### Side Dish Food Profile:

- May include soups, salads, vegetables, grains, fruits and desserts.

### Food Preparation

- Remove all fryers and deep-fat fried products offered in the cafeteria and on the general service patient menus.

### Fruits and Vegetables

- Increase the percentage of fruit and vegetable dollar purchases by 20 percent annually.

### Beverages

- Increase the percentage of healthier beverage dollar purchases for use throughout the hospital to 80 percent of overall beverage dollar purchases. Additionally, make tap water available where possible.