



Healthy CAFETERIA

WHY HEALTHY CAFETERIAS?

The Centers for Disease Control and Prevention and the Institute of Medicine have recommended evidence-based approaches for promoting healthy food and beverages across a variety of sectors, including worksites and healthcare organizations. Such strategies encourage the use of policy, systems and environmental changes to make the default choice the healthy choice.

Hospitals have a tremendous opportunity to make positive changes to the food and beverages offered to employees and visitors within their cafeterias and cafes. The goal is to gradually increase the Good4You options in each hospital cafeteria and implement a variety of other change strategies such as pricing incentives and placement choices.

OVERALL GOALS

- ✓ **Water is available free of charge**
 Consider adding signage, provide free water stations, provide reusable cups for staff for use at water stations with the Good4You logo.
- ✓ **No items are deep fried**
 Instead, try alternative cooking methods, such as grilling, boiling, steaming, baking or sautéing.
- ✓ **At least 3 fruit options offered daily**
 Ideas include whole fruit, salad bar and fruit salad.
- ✓ **At least 3 non-starchy vegetables offered daily**
 One should be low sodium (less than 300 mg). Ideas include salad bar (offer lower-fat salad dressing options) and grilled, baked or steamed vegetables.
- ✓ **Placement**
 Only stock healthy foods at the entrance and at the registers, and price Good4You items cheaper than healthier options.
- ✓ **Label all items that meet the Good4You criteria**
 When possible, post calorie counts or full nutritional information for every item offered.
- ✓ **Breakfast breads should be less than 300 calories**
 Breakfast breads include items such as bagels, muffins, banana bread and pastries.
- ✓ **Eventually transition to Good4You Eat Healthy beverages, snacks and desserts, entrées and meals**
 An entrée is any main dish served a la carte, including soups (per 8 ounces), and a side dish should follow the snacks guidelines.
- ✓ **Whole grains should replace processed grains**
 Use whole grain bread and wraps, brown rice, whole wheat pasta, whole wheat couscous, quinoa, barley, bulgar and oats.
- ✓ **Eliminate all trans fats**
- ✓ **A vegetarian entrée option is available daily**

Tips to Reduce Calories in Snacks, Desserts and Side Dishes

- Serve half-sized portions of made-from-scratch items.
- Purchase mini items when available, such as miniature pastries, cookies, bagels, muffins and cakes.
- Offer dessert items individually, such as a single cookie versus a pack of three.
- Offer 1-ounce dessert cups.
- Cut pre-portioned slices of cakes, pies and brownies in half.
- Serve healthier condiments and dressings, and offer them on the side.

Tips to Reduce Sodium

- Reduce portion sizes.
- Purchase fresh, frozen or dried vegetables and beans.
- Opt for low sodium canned products when applicable.
- Prepare soups from scratch.
- Use homemade stock or purchase lower sodium soup bases, consommé and broths.
- Prepare entrées from scratch and use alternative seasonings such as citrus, vinegar, herbs and spices.

Healthy Cafeteria



- Getting Started:* Hospital is committed to creating a healthier cafeteria.



- 25% of all snacks and desserts meet the Good4You criteria (and are labeled).
- 25% of all beverages meet the Good4You healthy beverages criteria (and are labeled).
- Water is available free of charge.
- If served, breakfast breads, such as pastries, bagels and muffins, contain 300 calories or less.
- Only healthy options are stocked near the entrance and at the registers.



All of the above, plus:

- 50% of all snacks and desserts meet the Good4You criteria (and are labeled).
- 50% of all beverages meet the Good4You healthy beverages criteria (and are labeled).
- 25% of all grains offered are whole grains.
- No items are deep fried.
- At least 1 meal meets the Good4You healthy meals criteria daily (and is labeled).
- At least 3 different fruit choices are available daily (whole fruit and salad bar may count).
- At least 3 different non-starchy vegetables are available daily (salad bar may count as one).



All of the above, plus:

- 75% of all snacks and desserts meet the Good4You criteria (and are labeled).
- 75% of all beverages meet the Good4You healthy beverages criteria (and are labeled).
- 50% of all grains offered are whole grains.
- 50% of all meals served daily meet the Good4You criteria (and are labeled).
- 50% of all entrées served daily meet the Good4You criteria (and are labeled).
- At least one low sodium vegetable option is available daily (200 mg of sodium or less).



All of the above, plus:

- 100% of all items in the cafeteria meet the Good4You criteria for beverages, snacks and desserts, entrées and meals.

Resources

Good4You labels and other materials are available at

WWW.OHIOSHOSPITALS.ORG/GOOD4YOU



GOOD4YOU

GOOD4YOU Eat Healthy NUTRITION CRITERIA

Healthy BEVERAGES

Water sparkling, seltzer or flavored water	Fat-Free or Low-Fat (1%) Milk
100% Fruit Juice ≤ 180 calories per 12 ounce serving, no added sweeteners	Flavored Milk or Milk Alt. ≤ 150 calories per 8 ounce serving
No or Low-Calorie Beverages ≤ 10 calories per 8 ounce serving	Unsweetened Teas regular or herbal, hot or cold
Mid-Calorie Beverages ≤ 66 calories per 8 ounce serving	Coffee with 1% or lower fat milk or creamers, soy alternatives

Healthy SNACKS, DESSERTS AND SIDE DISHES

Calories	No more than 200 calories
Total Fat	No more than 7 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 2 grams per 200 cal.)
Trans Fat	0 grams
Sodium	No more than 230 milligrams
Sugar	No more than 10 grams**
Fiber	At least 2 grams (if product is grain/potato-based such as granola bars, crackers, pretzels, cookies, chips, etc.)

Healthy ENTRÉES†

Calories	No more than 500 calories
Total Fat	No more than 15 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 4 grams per 400 cal.)
Trans Fat	0 grams
Sodium	No more than 480 milligrams
Sugar	No more than 15 grams**
Fiber	At least 2 grams (if product is grain/potato-based such as granola bars, crackers, pretzels, cookies, chips, etc.)
Produce	Refrigerated machines should stock fruit and vegetable items.

† Entrées include items such as wraps, sandwiches, soups and other main course items served a la carte.

Healthy MEALS

Calories	No more than 750 calories
Total Fat	No more than 25 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 7.5 grams fat per 750 calories)
Trans Fat	0 grams
Sodium	No more than 900 milligrams
Sugar	No more than 25 grams**
Fiber	At least 2 grams fiber (if product is grain/potato-based, such as granola bars, crackers, pretzels, cookies, chips, etc.)

* excluding nuts, seeds, cheese and products containing nuts or nut butters

** excluding fruits and vegetables that do not contain added sweeteners or fats

INSTITUTE FOR HEALTH INNOVATION
of the OHIO HOSPITAL ASSOCIATION

Based on the American Heart Association — Recommended Standards for Procurement of Foods and Beverages Offered in the Workplace