

# GOOD4YOU Eat Healthy NUTRITION CRITERIA

To attain the highest level in each of the four focus areas, 100 percent of offerings should meet the following Good4You Eat Healthy nutrition criteria. Additional guidance specific to each area are included in the one-page inserts included in this packet.

The Good4You Eat Healthy evidence-based nutrition criteria are based on the American Heart Association's Recommended Standards for Procurement of Food and Beverages Offered in the Workplace and the National Alliance for Nutrition & Activity. All limits are per standard serving size, unless otherwise indicated.



## Healthy BEVERAGES

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

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

## 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

When possible, all items should be labeled with nutritional information. Items meeting the Good4You criteria should be designated. See sample marketing materials and templates!

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