













The Good4You **Eat Healthy initiative** encourages positive changes to the food and beverage environment in the hospital.

As leaders in their communities and advocates of health and well-being, hospitals can model healthy eating to support the health of employees, visitors and the communities they serve.

Hospitals participate in this voluntary initiative by adopting the Good4You Eat Healthy nutrition criteria in four specific areas within the hospital: vending machines, cafeterias and cafes, meetings and events, and with outside vendors and franchises serving the hospital.

Participation is easy, and tools and resources are available to help hospitals as they transition to an Eat Healthy environment.





Effectively making changes to beverage choices, vending machines and cafeterias takes time and requires employee buy-in. Knowing this, getting to 100% healthy options may take several years and be implemented in phases.

It is reasonable to use a phased-in approach that aims for meeting the various levels utilizing a timetable that best suits your hospital's needs. The Good4You Eat Healthy initiative is intended to be self-directed, and is designed to offer guidance and support to help hospitals in any stage of change.

GOODAYOU 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

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	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 alternatives ≤ 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

U	
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 ENTRÉEST

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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

Healthy MEALS

U	
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





YOU HAVE OUR SUPPORT!

OHA provides participating hospitals with templates and the resources needed to help implement these changes and gain employee support.

OHIOHOSPITALS.ORG/GOOD4YOU



Good4You is a statewide initiative of Ohio hospitals, sponsored by OHA's Institute for Health Innovation. Good4You seeks to help hospitals lead Ohioans to better health through healthy eating, physical activity and other statewide population health initiatives.

WANT TO KNOW HOW TO PARTICIPATE?

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