

COMPREHENSIVE FOOD STANDARDS AND IMPLEMENTATION GUIDE

GET HEALTHY PHILLY · PHILADELPHIA DEPARTMENT OF PUBLIC HEALTH



www.foodfitphilly.org www.phila.gov/nutritionstandards

PHILADELPHIA COMPREHENSIVE FOOD STANDARDS

WHY FOOD STANDARDS?

Among the ten largest cities, Philadelphia has some of the highest rates of poverty and related chronic diseases, including hypertension, type 2 diabetes and heart disease. At the same time, research clearly indicates that improving dietary intake and ensuring ongoing access to nourishing foods can lower chronic disease risk. For example, research has shown that lowering excessive sodium intake from the average 3400 mg/day to the recommended 2300 mg/day can lower high blood pressure, and the risk for heart disease and stroke.

The more than 20 million meals served every year by City agencies and city-funded programs are an opportunity to help Philadelphians improve their diets and their health.

While many agencies have existing nutrition recommendations, they can be inconsistent across programs, or not reflective of the latest dietary guidance. Comprehensive food standards reflect the shared values of all agencies and staff that food provided or funded by the City is healthy, appealing and locally-grown when possible.

By implementing these standards the City of Philadelphia will:

- improve the health of Philadelphians, including nutritionally vulnerable populations such as youth and seniors;
- reduce the economic burden of health care costs associated with heart disease, stroke and heart and kidney failure; and
- serve as a model for other large institutions, employers and programs.

The nutrition standards are based on:

- the 2010 Dietary Guidelines,
- food standards adopted by other local and federal governments and
- review and feedback from City Agencies.¹

As dietary guidelines and public health information is updated, the Philadelphia Department of Public Health (PDPH) will make periodic revisions to the standards to ensure they follow the latest dietary guidance.



WHO WOULD THE STANDARDS IMPACT?

All agencies that purchase, serve, sell or otherwise provide food to clients, patients, employees and the general public will work to integrate **Comprehensive Food Standards** into their foodservice programs. This includes contracted vendors.² Where possible, agencies are encouraged to incorporate non-mandatory **best practices** for healthy meetings, sustainability and non-vending concessions.

Some examples include:

- correctional facilities
- youth detention centers
- city-funded afterschool and summer programming
- shelters
- health care facilities
- vending machines on public property

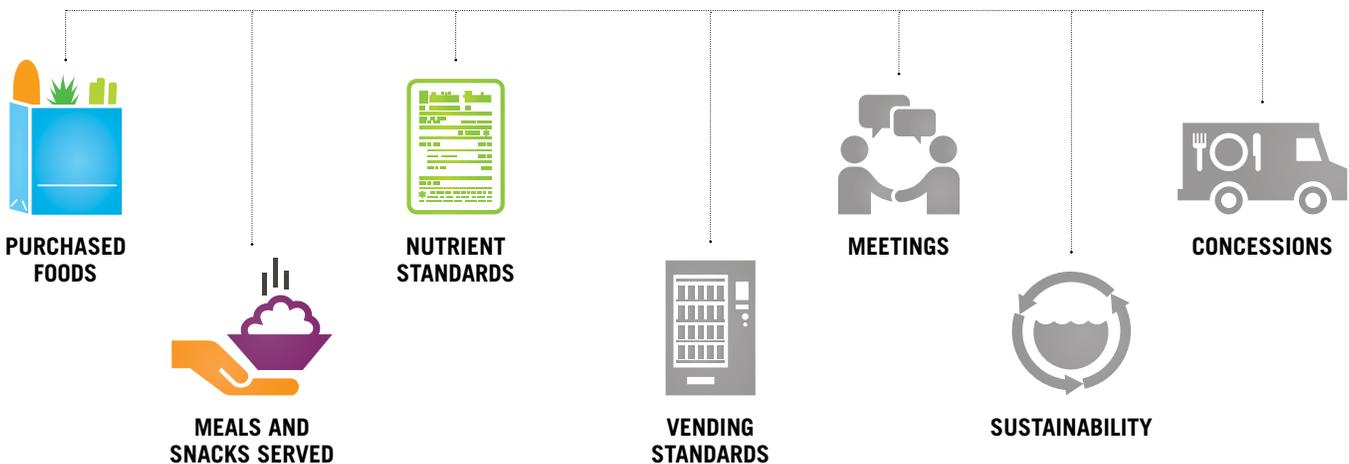
WHAT'S IN THIS GUIDE?

This guide includes:

- Comprehensive Food Standards for purchased foods and meals and snacks served and
- tools to assist you in planning, purchasing or serving food at your site.

Vending standards and best practices for healthy meetings, sustainability and non-vending concessions can be found at www.phila.gov/nutritionstandards.

PHILADELPHIA COMPREHENSIVE FOOD STANDARDS



Find comprehensive tools and tips on these topics in this guide!

Find standards and best practices on these topics at: www.phila.gov/nutritionstandards

1. New York City Food Standards, Massachusetts State Agency Food Standards and the U.S. General Services Administration wellness and sustainability criteria.
2. The nutrition standards shall not apply if conformance will result in the loss of state or federal government funding.



PURCHASED FOODS

Purchased food standards ensure that healthier foods such as fruits and vegetables and lean proteins, are a regular part of people's diets and that people who only eat a few items of each meal are still eating healthy options. These guidelines apply to the purchase of any single product, and can be incorporated into product specifications in bids and contracts.¹

PURCHASED FOOD STANDARDS

NUTRIENT / FOOD PRODUCT	REQUIRED	RECOMMENDED
Trans Fat	All products must have “0 grams” trans fat and no partially hydrogenated oils in ingredient list.	-
Sodium²	All products must have ≤ 480 mg sodium per serving, unless otherwise noted. For programs serving majority (51%) adults over 50 years old, all products must have ≤ 360 mg sodium per serving.	Whenever feasible, purchase “low sodium” (≤ 140 mg sodium per serving) or “reduced sodium” (original sodium level reduced by 25%).
Deep Frying	No purchase of food products that are prepared by deep frying; this includes breaded, pre-fried products.	-
Beverages	All beverages must have ≤ 40 calories per container or serving (except 100% juice and milk). All juice must be 100% fruit juice and portion is limited to 6 oz per serving. No artificial sweeteners for programs serving a majority (51%) of children ages 2–18.	Purchase and menu fruit or vegetables instead of juice wherever possible.
Dairy	All milk must be 1% or non-fat, except children < 2 years can be served whole milk. All milk must be unsweetened and unflavored. ³ All yogurt must be non-fat or low-fat.	Purchase plain yogurt or yogurt with ≤ 30 g sugar per 8 oz or equivalent (e.g. ≤ 15 g sugar per 4 oz, ≤ 23 g sugar per 6 oz). Cheese should be low-fat/part-skim, 1% or 2% and lower sodium.
Beef and Pork	All beef and pork must be lean (contain ≤ 10% fat).	Purchase “extra lean” beef and pork (total fat ≤ 5%). Bacon contains ≤ 290 mg sodium per serving.
Poultry	Canned/frozen poultry must contain ≤ 290 mg sodium per serving.	-

PURCHASED FOOD STANDARDS CONTINUED

NUTRIENT / FOOD PRODUCT	REQUIRED	RECOMMENDED
Seafood, canned and frozen	All canned/frozen seafood (e.g., tuna) must have ≤ 290 mg sodium per serving.	-
Bread, Pasta and other grains and starches	All sliced sandwich bread must contain < 180 mg sodium per serving, be whole wheat/whole grain rich ⁴ and contain ≥ 2 g fiber per serving. All other grains/starches (buns, hoagie rolls, dinner rolls, muffins, bagels, tortillas, waffles, etc.) must contain ≤ 290 mg sodium per serving.	Purchase whole grain pasta, whole grain baked goods (dinner rolls, muffins, bagels, English muffins), whole grain tortillas, brown rice, etc.
Cereal, hot or cold	All cereal ≤ 215 mg sodium per serving, ≤ 10 g sugar per serving, ≥ 2 g fiber per serving. ^{5,6}	-
Vegetables	All canned/frozen vegetables and beans must have ≤ 290 mg sodium per serving.	Purchase a variety of fruits and vegetables, including dark orange and leafy green. Purchase fresh or frozen fruits or vegetables. Purchase seasonal and locally grown when possible.
Fruit	All canned fruit must be packed in unsweetened juice or water (no syrup).	
Frozen Whole Meals	All frozen whole meals must contain $\leq 35\%$ of the daily sodium limit (adults ≤ 805 mg; ≤ 525 mg seniors).	-
Condiments and sauces	Salad dressings contain ≤ 290 mg sodium per serving.	Purchase bulk ingredients to prepare sauces and dressings from scratch. Use low-fat mayonnaise; reduced sodium soy sauce; low-sodium ketchup; and low-fat and low-sodium and low-calorie (kcal) salad/dressings (as per FDA definitions ⁷). Individual packets of condiments (sugar, salt, etc.) should be limited.
Snacks	Snacks must meet all following criteria: ≤ 250 calories per serving or package; ≤ 7 g total fat per serving, excluding snacks containing nuts and/or seeds; ≤ 3 g saturated fat per serving; ≤ 230 mg sodium per serving	Snacks should have no more than 18 g of sugar per serving, except snacks containing only fresh fruit or vegetables, dried fruits or vegetables, or packaged fruit packed in its own juice or water.

1. The nutrition standards shall not apply if conformance will result in the loss of state or federal government funding.
2. Agencies can meet the sodium standards gradually, but should develop a plan and fully implement by September 2016.
3. For Departments serving a majority of children age 2–18, flavored milk and flavored fluid milk substitutes can be served, if ≤ 130 calories per 8 oz. Recommend phasing out over time.
4. Definition of whole wheat/whole grain rich: *Be at least 50% whole grain and have one of the following: 1) ≥ 8 g whole grains per serving or 2) whole wheat or whole grain is listed as the first ingredient.*
5. In child care facilities, cereal ≤ 6 grams sugar per serving.
6. Cereals that contain dried cranberries, dates and/or raisins are exempt from the sugar standard due to the limited availability of this product type that meets the sugar standard. Cereals must still meet fiber and sodium standards. Recommend phasing out these high sugar cereals over time.
7. FDA definitions low-fat, reduced-sodium, low-sodium and low-calorie can be found here: <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>



MEALS AND SNACKS SERVED

These guidelines assist program staff or contracted vendors with menu planning for meals and snacks served. They include standards for servings, portions and preparation as well as daily amounts of calories, sodium, fat and other nutrients. Meal and snack standards ensure that people eating whole meals and snacks have a healthy, well-balanced diet.

MEALS: FOOD STANDARDS

NUTRIENT / FOOD PRODUCT	REQUIRED	RECOMMENDED
Fruits and Vegetables	<p>Minimum of 2 servings per meal for lunch and dinner.</p> <p>For agencies serving 3 meals per day, minimum of 5 servings of fruits and vegetables a day.</p>	<p>Substitute canned with fresh or frozen. For lunch and dinner, serve at least 1 fruit and 1 vegetable whenever possible. Use seasonal and locally grown where possible.</p>
Water	<p>Water is available at all meals (in addition to or in place of other beverages regularly served).</p>	<p>Tap water should be used wherever possible.</p>
Juice	<p>Juice must be 100% fruit juice, limited to ≤ 6 oz per serving.</p> <p>If meals provided, serve juice no more than 1 time per day.</p> <p>If only 1 meal or snack is provided per day, serve juice no more than 2 times per week.</p>	<p>Serve fruit or vegetable in place of juice.</p>
Grain-Based Desserts	<p>Maximum of 2 servings of grain-based desserts (doughnuts, pastries, cookies, cake, brownies, etc.) per week.</p> <p>Sugar ≤ 18 g per serving.</p>	<p>Use low-calorie/low-fat items for desserts whenever possible.</p>
Condiments	<p>-</p>	<p>Use low-fat mayonnaise; reduced-sodium soy sauce; low-sodium ketchup; and low-fat and low-sodium and low-calorie (kcal) salad dressings (as per FDA definitions¹) Purchase bulk ingredients to prepare sauces and dressings from scratch.</p>



1. FDA definitions low-fat, reduced-sodium, low-sodium and low-calorie can be found here: <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>

MEALS: FOOD STANDARDS CONTINUED

METHOD	REQUIRED	RECOMMENDED
Food Presentation and Marketing	Where appropriate, encourage the selection of healthy offerings at the point of choice.	Utilize subtle and overt means of presenting and promoting wellness in general. Provide controlled portions for light eaters and/or those with medically-defined restrictions. Provide nutritional information and/or promotional materials at the point of choice to educate consumers about healthier food options.
Food Preparation	Deep fryers must be eliminated. No deep frying may be used to prepare foods.	Use scratch cooking—wherever possible prepare foods on-site from bulk, whole, unprocessed ingredients. Work with PDPH to determine if changes are possible or needed to portion sizes and serving containers (e.g., the size of food plates and beverage cups) to ensure nutritional balance.





MEALS: NUTRIENT STANDARDS

REQUIRED
<p>Calories (kcal)</p> <p>Adults: 1,800–2,200 kcal daily</p> <p>Adults, Men Correctional: ≤ 2,800 kcal daily</p> <p>Adults, Women Correctional: ≤ 2,200 kcal daily</p>
<p>Sodium¹</p> <p>Children, ages 1–4: ≤ 1,500 mg daily BREAKFAST: ≤ 400 MG · LUNCH: ≤ 550 MG · DINNER: ≤ 550 MG</p> <p>Children, ages 5–10: ≤ 1,900 mg daily BREAKFAST: ≤ 430 MG · LUNCH: ≤ 640 MG · DINNER: ≤ 830 MG</p> <p>Children, ages 11–13: ≤ 2,200 mg daily BREAKFAST: ≤ 470 MG · LUNCH: ≤ 710 MG · DINNER: ≤ 1020 MG</p> <p>Children, ages 14–18: ≤ 2,300 mg daily BREAKFAST: ≤ 500 MG · LUNCH: ≤ 740 MG · DINNER: ≤ 1060 MG</p> <p>Adults, ages 19–50: ≤ 2,300 mg daily BREAKFAST: ≤ 690 MG · LUNCH: ≤ 805 MG · DINNER: ≤ 805 MG</p> <p>Adults, age 51 and over: ≤ 1,500 mg daily BREAKFAST: ≤ 450 MG · LUNCH: ≤ 525 MG · DINNER: ≤ 525 MG</p>
<p>Fat</p> <p>Total Fat: ≤ 30% of calories</p> <p>Saturated Fat: ≤ 10% of calories</p>
<p>Fiber</p> <p>Children, ages 1–3: ≥ 19 g daily BREAKFAST: ≥ 5 G · LUNCH: ≥ 7 G · DINNER: ≥ 7 G</p> <p>Children, ages 4–18: ≥ 25 g daily BREAKFAST: ≥ 7 G · LUNCH: ≥ 9 G · DINNER: ≥ 9 G</p> <p>Adults, ages 19 and over: ≥ 28 g daily BREAKFAST: ≥ 8 G · LUNCH: ≥ 10 G · DINNER: ≥ 10 G</p>
<p>1. Agencies can meet the sodium standards gradually, but should develop a plan and fully implement by September 2016.</p>

RECOMMENDED
<p>Protein</p> <p>Adults: 10–35% of kcal daily</p>
<p>Carbohydrates</p> <p>Adults: 45–65% of kcal daily</p>
<p>Cholesterol</p> <p>Adults: < 300 mg daily</p>
<p>Potassium</p> <p>Adults: 4,700 mg daily</p>
<p>Calcium</p> <p>Adults: 1,000 mg daily</p>
<p>Iron</p> <p>Adults, Men: > 8 mg daily</p> <p>Adults, Women: > 18 mg daily</p>

REQUIRED DAILY CALORIE INTAKE FOR ADULTS BY MEAL



SNACK STANDARDS

These snack guidelines are in compliance with the snack requirements of the USDA's Child & Adult Care Food Program (CACFP), with exception of low-calorie beverages for sites serving adults.

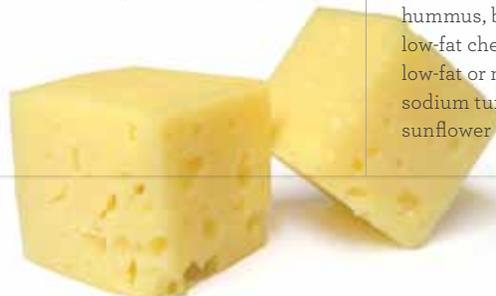
OVERALL GUIDELINES

- ✓ All items must be 0 g trans fat.
- ✓ Foods served must be on the list of acceptable choices or should provide equivalent nutrient value (e.g., melon slices for fruit category).
- ✓ Water must be available at all snack times, in addition to other beverages regularly served.



Choose at least 2 items, each from a different category.

CATEGORIES	REQUIRED	RECOMMENDED
Category 1: Dairy Beverages	<p>Serving size is 1 cup (8 oz).</p> <p>Milk must be 1% or fat-free and unflavored.^{2,3,4}</p> <p>Fluid milk substitute (e.g., soymilk) must be ≤ 100 calories per serving.</p>	<p>Acceptable choices include: 1% or fat-free milk or fluid milk substitute.</p>
Category 2: Fruit or Vegetable Juice	<p>Juice must be 100% fruit juice, limited to ≤ 6 oz per serving.</p> <p>If providing snacks only, serve juice no more than 2 times per week.</p>	<p>Acceptable choices include: carrot sticks, celery sticks, pepper slices, salads, apples, bananas, pears, oranges, dried fruit, applesauce with no sugar added and canned fruit in its own juice or water.</p>
Category 3: Bread or Grain	<p>Serving size is ½ cup or 1 slice.</p> <p>Sodium must be ≤ 180 mg per serving for sliced sandwich bread, and ≤ 230 mg for crackers, chips, salty snacks.</p> <p>Fiber must be ≥ 2 g per serving.</p> <p>Grain or bread products cannot be doughnuts, pastries, croissants, cake, etc.</p>	<p>All items should be whole grain.</p> <p>Acceptable choices include: whole wheat pita triangles, whole grain cereal, whole grain crackers, whole grain bread, rice cakes and popcorn.</p>
Category 4: Protein (meat or meat alternative)	<p>Serving size is 1 oz cheese; ≤ 2 oz beans; ≤ 4 oz yogurt.</p>	<p>Acceptable choices include: hummus, bean dip, cottage cheese, low-fat cheese, hard-boiled eggs, low-fat or non-fat yogurt, low-sodium tuna, nuts, nut butters, sunflower seeds and turkey slices.</p>



SNACK STANDARDS CONTINUED

OTHER CONSIDERATIONS	REQUIRED	RECOMMENDED
Beverages for sites serving adults	Beverages other than 100% juice or milk must have ≤ 40 calories per container or serving.	Acceptable choices include: artificially sweetened water, soda or tea.
Condiments		Use low-fat cholesterol-free mayonnaise; reduced-sodium soy sauce; low-sodium ketchup; and low-fat and low-sodium and low-calorie (kcal) salad dressings (as per FDA definitions ⁵).
Food Preparation		Use added fats and sugars sparingly. Use olive and canola oils. Wherever possible, prepare snacks on site using whole, unprocessed ingredients.

Examples of acceptable snack choices for children age 6–12 years, served with water:

- 2 tbsp peanut butter + 1 serving whole grain crackers + ¾ cup apple slices
- 1 peach + 1 serving whole grain crackers
- 1 oz tuna + 1 slice whole wheat bread + lettuce + tomato
- 1 oz turkey + 5 whole wheat pita triangles + ¾ cup carrot sticks
- 1 cup milk + ¾ cup whole grain cereal + ¾ cup fresh berries
- 1 oz mixed nuts + 1 medium-sized banana
- 4 oz yogurt + ¾ cup blueberries + 1 serving rice cakes
- ¼ cup hummus + 1 pita + ¾ cup sliced red peppers



1. Agencies can meet the sodium standards gradually, but should develop a plan and fully implement by September 2016.
 2. Children 12 months to <2 yrs should be served whole milk.
 3. Children 2–18 years can be served flavored milk or fluid milk substitutes.
 4. No artificial sweeteners for programs serving a majority (51%) of children ages 2–18.
 5. FDA definitions low-fat, reduced-sodium, low-sodium and low-calorie can be found here: <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>

How to Make Healthy Meals for Less



Serving healthy meals on a tight budget can be a challenge. The following tips were gathered from food service professionals across the country to help make serving healthy foods more affordable. These tips may not work for everyone, but some may be useful at your facility.

MEAL PLANNING AND PREPARATION

Use less expensive healthy items.

- Mix in less expensive items alongside more expensive ones.
- Switch from more expensive proteins, like chicken, beef and pork, to beans one meal per week. Buy dried beans over canned for even more savings.
- Market and test using less expensive and less processed healthy items (like roast chicken) instead of more expensive, more processed foods (like chicken nuggets and patties).
- Choose fruits and vegetables that are in season, when possible, as they tend to be fresher and less expensive.

Incorporate more costly items wisely.

- When considering a new, slightly more expensive item, think about how many consumers will eat it. Prepare a smaller amount initially to prevent waste and give consumers a chance to adapt to the new item. Then prepare additional as interest increases.

Increase meal appeal.

- Cook vegetables to preserve vibrant colors and textures, and vary the way you cut the fruits, vegetables and sandwiches to provide more interesting or appealing presentations.
- Use catchy names on menus to attract attention.

Manage waste.

- Make use of all pieces and parts. Use vegetable peelings and animal bones to make stock for soups. Use leftovers to create new meals.
- Use the same product multiple ways. Using a product in different recipes can cut down on inventory and reduce waste.
- Slicing or wedging fruit can provide a cost-savings benefit and encourage increased consumption.
- Standardize recipes to ensure the right amount of each ingredient is in the meal.

Pay attention to serving size.

- Make sure you serve the correct serving size of each option. For example, use half-cup scoops for foods with a half-cup serving size.
- Keep good production records. This will help you determine how many servings to prepare in the future.

Limit dessert.

- Make dessert a special occasion food, to save money and calories. Or serve fruit as dessert.

PURCHASING AND INVENTORY

Consider new purchasing practices.

- Buy in bulk, purchase whole poultry and use all parts, and purchase produce "seconds" which are fruits and vegetables of good quality that are not aesthetically perfect.
- Plan your menus in advance, and tailor orders carefully to those menus.
- If you don't have adequate storage space in your facility, consider sharing space with a nearby school or other larger institution.
- Consider cooperative purchasing. This allows you to make bulk purchases and cut down on food costs.
- Investigate cost-neutral purchases (i.e. 1% or skim milk instead of whole milk) with your current vendors.

If you purchase USDA foods for your facility

- Focus commodity purchases on items that are most expensive on the open market.
- Do not spend extra for processing that is unnecessary (like breading) or can be done in house less expensively.

Keep track of inventory.

- Know what is on hand and use it.
- Increase the number of times you do inventory.
- Make sure your orders are correct before the delivery person leaves.

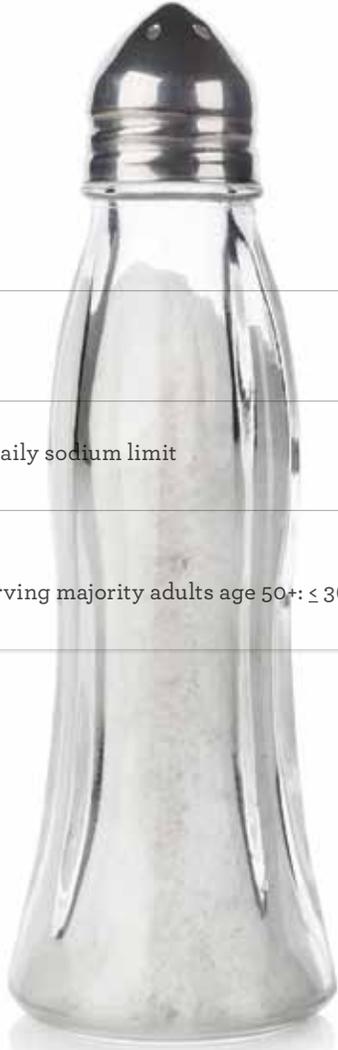
Adapted with permission from Centers for Science in the Public Interest (CSPi).

Purchase Low-Sodium Foods



Too much sodium (salt) can increase the risk for high blood pressure. The Comprehensive Food Standards aim to help you decrease the amount of sodium in the foods you purchase. Use this chart to ensure that your purchased foods meet the recommended amount of sodium per serving.

SODIUM REFERENCE CHART

FOOD ITEM	SODIUM AMOUNT PER SERVING
Bread (sliced, sandwich)	≤ 180 mg
Cereal, hot or cold	≤ 215 mg
Other grains/starches (buns, hoagie rolls, dinner rolls, muffins, bagels, tortillas, etc.) Vegetables (canned/frozen) Beans (canned/frozen) Poultry (canned/frozen) Seafood (canned/frozen) Salad dressings	≤ 290 mg 
Snacks	≤ 230 mg
Frozen whole meals	≤ 35% of the daily sodium limit
All other products not specified above	≤ 480 mg Programs serving majority adults age 50+: ≤ 360 mg

Local Fresh Produce Availability



The following are foods available locally that you can consider adding to your menus. Foods were chosen if they had a relatively long season and are available in big enough quantities for larger buyers. Talk with your vendors about sourcing these products locally when in season.

PRODUCT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Arugula					Available							
Beets	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Blueberries	<i>frozen available year round</i>					Available	Available					
Broccoli						Available				Available	Available	
Brussels sprouts										Available	Available	Available
Cabbage	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Cantaloupe							Available	Available	Available			
Carrots	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Cauliflower										Available	Available	Available
Collard greens				Available								
Eggplant							Available	Available	Available	Available		
Green beans								Available				
Kale			Available									
Lettuce	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Mushrooms	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Onions	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Peaches							Available	Available	Available	Available		
Pears	Available	Available							Available	Available	Available	Available
Peppers, sweet							Available	Available	Available	Available		
Potatoes	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Salad greens	Available	Available		Available								
Spinach				Available	Available	Available				Available	Available	Available
Summer squash						Available	Available	Available	Available	Available		
Sweet corn								Available	Available	Available		
Sweet potatoes	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Tomatoes							Available	Available	Available	Available	Available	
Watermelon							Available	Available	Available	Available		

How to Read the Nutrition Facts Label



You can use the Nutrition Facts label to determine if an item is a healthy choice or not. Read below to learn how.

1. START AT THE SERVING SIZE

Notice how much counts as one serving. The container or bag may have more than one serving.

2. CHECK TOTAL CALORIES

Look at the serving size to see how many calories you're consuming. If you eat double the amount of servings, you eat double the amount of calories.

3. LIMIT FAT, CHOLESTEROL AND SODIUM

Eating too much saturated and trans fat can lead to heart disease. Too much sodium can increase your risk for high blood pressure. Choose foods with a Daily Value of 5% or less of these nutrients.

4. GET ENOUGH FIBER AND VITAMINS

Choosing foods with a high % Daily Value (20% or higher) of Vitamin A, C, calcium, iron and fiber will keep you on a healthy diet.

5. QUICK GUIDE TO THE PERCENT DAILY VALUE

The % Daily Value section tells you the % of each nutrient per serving, based on how much you need each day. Choose foods with a high % of healthy nutrients (such as fiber and calcium) and a low % of unhealthy nutrients (such as trans fat, cholesterol and sodium).

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0g	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber < 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

The Nutrition Facts Label is based on a daily diet of 2,000 calories. The amount of calories you need each day depends on your gender, age and level of physical activity.

Adapted with permission from the Massachusetts State Agency Food Standards, Massachusetts Department of Public Health.

How to Use the Nutrition Facts Label



You can use the Nutrition Facts label to determine if products you are purchasing meet the Comprehensive Food Standards for purchased foods. The Nutrition Facts label is typically found on the product packaging. If a label is not visible, ask your vendor or the food manufacturer for the nutrition information. Look at the label to see if it meets the standards. See the sample below.

Does this product meet the standards?

STANDARDS FOR WHOLE WHEAT BREAD

- ✓ 0 g trans fat
- ✓ ≤ 180 mg sodium
- ✓ Be whole wheat/whole grain rich (per ingredients – whole wheat flour should be listed as first ingredient)
- ✓ ≥ 2 g fiber

Yes, this product can be purchased.

It meets the standards for **trans fat, sodium, whole wheat** and **fiber**.

Nutrition Facts	
Serving Size 1 slice (26g) Servings Per Container 22	
Amount Per Serving	
Calories 50	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 115mg	5%
Total Carb 10g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	
INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, BROWN SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2 LACTYLATE, MONOGLYCERIDES, CALDIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM PEROXIDE, DITEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN.	



Adapted with permission from the New York City Food Standards for Meals/Snacks Purchased and Served Implementation Guide.

5 Tips for Preparing Meals with Healthier Fats



Different types of fat can be found in food. It's important to avoid unhealthy fats like saturated and trans fats. They can increase the risk for cardiovascular disease. Try to purchase foods and prepare meals with healthier unsaturated fats like olive oil, soft tub margarine and low-fat dairy products.

1	<p>STAY AWAY FROM TRANS FATS.</p> <p>Avoid fried foods, like French fries and chicken fingers, and baked goods, like cakes and cookies.</p> <p>Stay away from foods with “partially hydrogenated” oils or shortenings listed in the ingredients.</p>	
2	<p>USE LIQUID VEGETABLE OILS FOR COOKING.</p> <p>Use canola, corn or olive oil instead of butter, lard or shortening.</p> <p>Dress up a salad with an oil-based vinaigrette dressing.</p>	
3	<p>USE SOFT TUB MARGARINE.</p> <p>Use soft margarine spreads for baking and cooking instead of stick margarine or butter. If you do use butter, use only a small amount.</p> <p>Avoid products with “partially hydrogenated” oil listed in the ingredients.</p>	
4	<p>ADD FISH TO YOUR MENUS AT LEAST 2 TIMES A WEEK.</p> <p>Fish is a great source of protein and is low in fat. Choose cod, flounder, haddock, tilapia, tuna and salmon.</p>	
5	<p>USE LEAN MEATS AND LOW-FAT OR FAT-FREE DAIRY.</p> <p>Look for beef that is less than 10% fat. Select skinless chicken or turkey breast.</p> <p>Choose skim or 1% milk and dairy products (such as low-fat cheese or yogurt).</p>	

Adapted with permission from the Massachusetts State Agency Food Standards, Massachusetts Department of Public Health.

Healthier Cooking Methods



Choosing nutritious foods is important for healthy eating, but just as important, is how they are prepared. Using a combination of healthy food preparation and cooking methods can result in lower fat, cholesterol, sodium and calories while enhancing the flavors and nutritional value of the prepared foods.

FOOD PREPARATION TIPS

- Prepare food with minimal salt or no salt. Use herbs, spices, salt-free seasoning blends, flavored vinegars, peppers, garlic and citrus juice/zest to add flavor instead.
- Using herbs and spices is a great way to make your food flavorful and aromatic without adding salt or fat. Add fresh herbs towards the end of cooking and dried herbs in the earlier stages of cooking.
- Drain and rinse canned meat/seafood, vegetables and beans to remove excess salt or oil.
- Trim all visible fat from meat before cooking.
- Use skinless poultry or remove the skin before cooking.
- Cook vegetables just long enough to make them tender-crisp. Overcooked vegetables lose flavor, color and important nutrients.
- Whether cooking or making dressings, use the oils that are lowest in saturated fats, trans fats and cholesterol – such as canola oil and olive oil – but use them sparingly because they contain 120 calories per tablespoon.
- Make recipes or egg dishes with egg whites, instead of egg yolks. Substitute two egg whites for each egg yolk.



Adapted with permission from The American Heart Association.

COOKING METHODS AND TECHNIQUES

Avoid cooking methods that add unhealthy fats (saturated and trans fats) or let food cook in its own fat such as deep frying and pan frying.

Try these healthier cooking techniques:

BAKE: Cook in the oven. Food cooks slowly with gentle heat, causing the natural moisture to evaporate slowly.

BASTE: Brush or spoon liquid over meat during roasting. This adds flavor and prevents drying out. Use fat-free liquids such as water, wine or lemon juice.

BLANCH: Boil briefly. After 30 seconds in boiling water, plunge the vegetable or other food into ice water to stop the cooking. This keeps it tender-crisp.

BOIL: Cook food in heated water or other liquid, like broth, that is bubbling vigorously.

BRAISE OR STEW: Cook food slowly using heat from an oven or stovetop with a little bit of liquid, usually water or broth. Braising tenderizes the meat and enhances the flavor.

BROIL: Cook food directly under the heat source at a high temperature.

BROWN: Quickly sauté, broil, or grill at the beginning or end of meal preparation, to enhance flavor, texture, or eye appeal.

GRILL: Cook food on a rack directly over a heat source.

MARINATE: Coat or immerse foods in a liquid mixture or dry rub before cooking.

POACH: Immerse in simmering liquid over direct heat. This is a good method for cooking fish.

ROAST: Cook uncovered in the oven.

SAUTÉ: Cook food quickly in a small amount of oil or liquid over direct heat.

STEAM: Cook over boiling water in a covered pan. This helps keep foods' shape, texture, and nutritional value intact.

STIR-FRY: Cook small pieces of meat and vegetables quickly over very high heat with continual stirring, usually in a wok.

Using Spices and Herbs

Spices and herbs not only make foods taste much better, but they also help reduce salt. Don't be afraid to experiment! Use lots of different spices while cooking.

HEALTHY
TIPS

SUGGESTED SPICE AND HERB USES

ALL SPICE: chicken, turkey, stews, soups, tomatoes, peaches, low-fat gravies and sauces

BAY LEAF: chicken, turkey, beef, fish, veal, soups, stews, tomatoes

CHIVES: salads, sauces, soups, lean-meat dishes, vegetables, cheese

CINNAMON: fruits (especially apples), breads, applesauce, squash

CURRY POWDER: chicken, beef, fish, lamb, eggs, veal, tomato soup, low-fat or fat-free mayonnaise

DILL: fish, fish sauces, veal, soups, vegetables, potatoes, salads, macaroni

GARLIC: lean meats, fish, veal, stews, soups, salads, vegetables, potatoes, sauces

GINGER: chicken, veal, vegetables, fruits

MACE: veal, lamb, hot breads, apples, fruit salads, carrots, cauliflower, squash, potatoes

NUTMEG: cheese, chicken, fish, lean meats, toast, pudding, fruits, potatoes

ONION POWDER: chicken, fish, lean meats, vegetables, dips, low-fat sauces, soups, salads

OREGANO: beef, lamb, chicken, veal, cheese, tomato sauce, vegetable

PAPRIKA: fish, chicken, pork, eggs, soups, salads, low-fat sauces, vegetables

PARSLEY: beef, chicken, veal, fish, soups, salads, tomato sauce, low-fat sauces, vegetables

SAGE: beef, fish, chicken, pork, veal, cheese, biscuits, green beans, lima beans, onions

SAVORY: lean ground meats, pork, salads, soups, green beans, squash, lima beans, peas

THYME: veal, pork, chicken, fish, low-fat sauces, soups, onions, peas, salads, tomatoes, cheese

TURMERIC: fish, lean meats, low-fat sauces, rice

SEASONINGS TO USE WITH MEATS AND OTHER PROTEINS

BEEF: basil, bay leaf, black pepper, cayenne, cumin, curry powder, dry mustard powder, garlic, green pepper, lemongrass, onion, oregano, rosemary, sage, thyme

FISH: bay leaf, cayenne, curry powder, celery seed, chives, dill, fennel, lemongrass, lemon zest, marjoram, mint, dry mustard powder, onion, paprika, parsley, red pepper, saffron, sage, sesame seed, tarragon, thyme, turmeric

LAMB: basil, cinnamon, cumin, curry powder, garlic, marjoram, mint, onion, oregano, rosemary, sage, savory, sesame seed, thyme

CHICKEN OR TURKEY: basil, bay leaf, cilantro, cinnamon, curry powder, garlic, lemongrass, mace, marjoram, mint, onion, paprika, parsley, rosemary, sage, saffron, savory, tarragon, thyme

PORK: allspice, caraway, celery seed, cloves, coriander, fennel, ginger, juniper berries, mint, dry mustard powder, paprika, sage, savory

VEAL: bay leaf, black pepper, curry powder, dill, ginger, lemon, marjoram, mint, oregano, paprika, parsley, saffron, sage, tarragon

EGGS: basil, chives, curry powder, dry mustard powder, green or red pepper, paprika, parsley, tarragon

CHEESE: chives, nutmeg, oregano, red pepper, sage, tarragon, thyme

** Add spices to cooking oil before adding the food — it will help enhance the flavor!*

Adapted with permission from the Massachusetts State Agency Food Standards, Massachusetts Department of Public Health.



Sample Menus



Here are two sample menus that incorporate more fruits, vegetables and whole grains into each meal. Use these as an example when creating your own menus.

1,800 CALORIE (KCAL) MENU
Breakfast 1 cup oatmeal 4 oz low-fat yogurt ½ cup strawberries or blueberries 8 oz 1% milk 6 oz coffee or tea
Lunch 1 egg salad sandwich (on whole wheat bread) 1 whole peach 1 cup side salad (mixed greens, tomato, cucumber, carrot) 2 tablespoons light Italian salad dressing 8 oz 1% milk
Dinner 1 slice of lasagna with ground pork and beef* ½ cup orange glazed carrots* 1 whole wheat roll with 1 teaspoon margarine 1 whole apple 8 oz 1% milk
Snack ½ cup hummus 1 oz whole wheat pita chips

2,000 CALORIE (KCAL) MENU
Breakfast 1 slice whole wheat bread 4 oz low-fat yogurt 1 whole orange 1 hard-boiled egg 8 oz 1% milk 6 oz coffee or tea
Lunch 3 oz honey lemon chicken* ½ cup brown rice 1 cup roasted Brussels sprouts 1 whole apple 8 oz 1% milk
Dinner 1 cup beef stew* 1 cup mixed vegetables 1 whole wheat roll with 1 teaspoon margarine ½ cup fresh fruit salad 8 oz 1% milk
Snack 5 peanut butter filled whole wheat crackers

*Servings based on recipes obtained from: USDA Recipes for Schools.
www.nfsmi.org/Templates/TemplateDefault.aspx?q=cE1EPTEwMiZpc01ncj10cnVl

How to Market and Promote Healthy Foods

HEALTHY
TIPS

Good nutrition is important for a healthy lifestyle, but how do you encourage consumers to make and accept healthy changes to their meals? Here are some ways to promote healthy options in your facilities.

MARKETING AND PRESENTATION

Promote healthier options to encourage consumption of foods that consumers may not typically eat.

- Use colorful signage or displays to highlight healthy options.
- Place fresh fruit at the front of the line. Placing items at eye level, in plain view, can help influence customers to choose healthy items.
- Cut up fruit that may be difficult to peel or eat like oranges or apples.
- Provide nutrition information to educate consumers about healthier food options.
- Offer choices when it comes to vegetables or fruit. Consumers may be more likely to eat what they were able to select themselves.

Market your program to ensure acceptance and participation.

- Use catchy or appealing names for menu items.
- Conduct taste tests or give out samples and have consumers vote on meal options.
- Hold recipe contests for consumers and staff.

PRICING

If your site offers food for purchase, use a pricing strategy that favors healthier food options.

- Make a healthy item like fruit or water part of a combo or value meal.
- Price healthy snacks cheaper than the less healthy snacks.

STAFF INVOLVEMENT AND SUPPORT

Work with staff to promote the healthy changes and encourage consumers to be healthy eaters.

- Provide staff training and education about nutrition and healthy foods.
- Post signage and displays in staff dining or break rooms to promote healthier eating.
- Involve staff in recipe development or taste tests.



Choose healthy drink options.

There are a lot of choices when deciding what to drink. Water is the best choice. Sugary drinks like soda, fruit drinks, iced tea and sports drinks are not very good for us. Just 1–2 sugary drinks per day can lead to a variety of health problems like obesity, type 2 diabetes, heart disease and cavities.



HEALTHIEST FOODS: ENJOY ANY TIME	SOMEWHAT HEALTHY FOODS: ENJOY 2–3 TIMES PER WEEK	LEAST HEALTHY FOODS: ENJOY ONCE IN A WHILE
 <p data-bbox="321 911 409 940">Water</p>	 <p data-bbox="740 911 881 940">Diet Soda</p>	 <p data-bbox="1159 911 1354 940">Regular Soda</p>
 <p data-bbox="269 1367 464 1396">Seltzer Water</p>	 <p data-bbox="691 1367 930 1396">100% Fruit Juice</p>	 <p data-bbox="1060 1367 1455 1396">Fruit Drinks (like Fruit Punch)</p>
 <p data-bbox="253 1822 480 1852">Skim or 1% Milk</p>	 <p data-bbox="756 1822 865 1852">2% Milk</p>	 <p data-bbox="1170 1822 1341 1852">Whole Milk</p>

Adapted with permission from the Massachusetts State Agency Food Standards, Massachusetts Department of Public Health.

Serve healthy snacks.

Snacks are an important part of the daily diet. They provide energy and nutrients to help get you through the day. Serve fruits and vegetables, low-fat dairy, whole grains and lean proteins as healthy snacks.



HEALTHIEST FOODS: ENJOY ANY TIME	SOMEWHAT HEALTHY FOODS: ENJOY 2-3 TIMES PER WEEK	LEAST HEALTHY FOODS: ENJOY ONCE IN A WHILE
 <p data-bbox="180 905 548 940">Low-Fat or Fat-Free Dairy</p>	 <p data-bbox="711 905 911 940">Plain Popcorn</p>	 <p data-bbox="1073 905 1442 940">Snacks High in Sugar/Fat</p>
 <p data-bbox="298 1360 431 1396">Hummus</p>	 <p data-bbox="643 1360 980 1396">Whole-Wheat Crackers</p>	 <p data-bbox="1110 1360 1406 1396">Pastries and Donuts</p>
 <p data-bbox="285 1822 448 1858">Fresh Fruit</p>	 <p data-bbox="659 1822 964 1858">Fruit in its own Juice</p>	 <p data-bbox="1154 1822 1357 1858">Fruit in Syrup</p>

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Healthy Eating and Nutrition Resources

NUTRITION AND HEALTHY EATING

TOPIC	SOURCE	INFORMATION
Food Fit Philly	Philadelphia Department of Public Health www.foodfitphilly.org	Links to various resources pertaining to nutrition and physical activity.
MyPlate	United States Department of Agriculture www.choosemyplate.gov	Provides information about MyPlate, tips on nutrition and planning healthy menus, and has a basic menu analysis tool and daily calorie calculator.
CDC: Nutrition	Centers for Disease Control and Prevention www.cdc.gov/nutrition/index.html	Provides information on a spectrum of topics. Includes data and statistics.
Dietary Guidelines	United States Department of Agriculture Center for Nutrition Policy and Promotion www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm	Provides basis for nutrition policy in Federal food, nutrition, education, and information programs.
Food and Nutrition	Academy of Nutrition and Dietetics www.eatright.org	Provides a variety of educational resources on nutrition topics.
Million Hearts	Centers for Disease Control and Prevention and Eating Well magazine recipes.millionhearts.hhs.gov	Provides recipes, healthy eating tips, easy meal plans and other resources.
USDA National Nutrient Database for standard reference	United States Department of Agriculture ndb.nal.usda.gov	Search food items to find nutrition information.
Salt and Sodium	Centers for Disease Control and Prevention www.cdc.gov/salt	Provides information about salt/sodium consumption and what can be done to reduce sodium intake.
Eat Healthy	Let's Move www.letsmove.gov/eat-healthy	Program developed to raise awareness and help raise a healthier generation of children. Provides resources and tips to eat healthy.

Healthy Eating and Nutrition Resources *continued*

HEALTHY FOODSERVICE

TOPIC	SOURCE	INFORMATION
Healthy Foodservice	Harvard School of Public Health hsph.harvard.edu/nutritionsource/healthy-food-service	Provides toolkits, tips and recipes for successfully implementing healthy changes in a foodservice setting.
Menu Planning	US Department of Agriculture, Team Nutrition healthymeals.nal.usda.gov/menu-planning-0	Provides resources and tools for menu planning; includes resources for specific foods like whole grains and beans and provides information on sodium reduction.
USDA Recipes for schools	National Food Service Management Institute www.nfsmi.org/ResourceOverview.aspx?ID=115	Standardized recipes to be used in school foodservice.

FOOD SAFETY

TOPIC	SOURCE	INFORMATION
Food Safety	U.S. Department of Health & Human Services www.foodsafety.gov	Announces recalls and alerts for unsafe food. Provides instructions on keeping food safe and how to report cases of food poisoning.
CDC: Food Safety	Centers for Disease Control and Prevention www.cdc.gov/foodsafety	Provides information on foodborne illness and safe food handling and cooking procedures.
Food Facts for consumers	Food and Drug Administration www.fda.gov/Food/ResourcesForYou/Consumers/ucm077286.htm	Provides fact sheets on a wealth of food safety issues and topics including food allergies, foodborne illness and safe food handling.

www.foodfitphilly.org
www.phila.gov/getthehealthyphilly
www.phila.gov/nutritionstandards

