NUTRITION STANDARDS AND IMPLEMENTATION GUIDE

GET HEALTHY PHILLY · PHILADELPHIA DEPARTMENT OF PUBLIC HEALTH

GET HEALTHY PHILLY
Healthy, Active & Smoke-Free

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

Get Healthy Philly is a project of the Philadelphia Department of Public Health and is made possible, in part, by funding from the Centers for Disease Control and Prevention.

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 2015 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 integrate the Nutrition 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

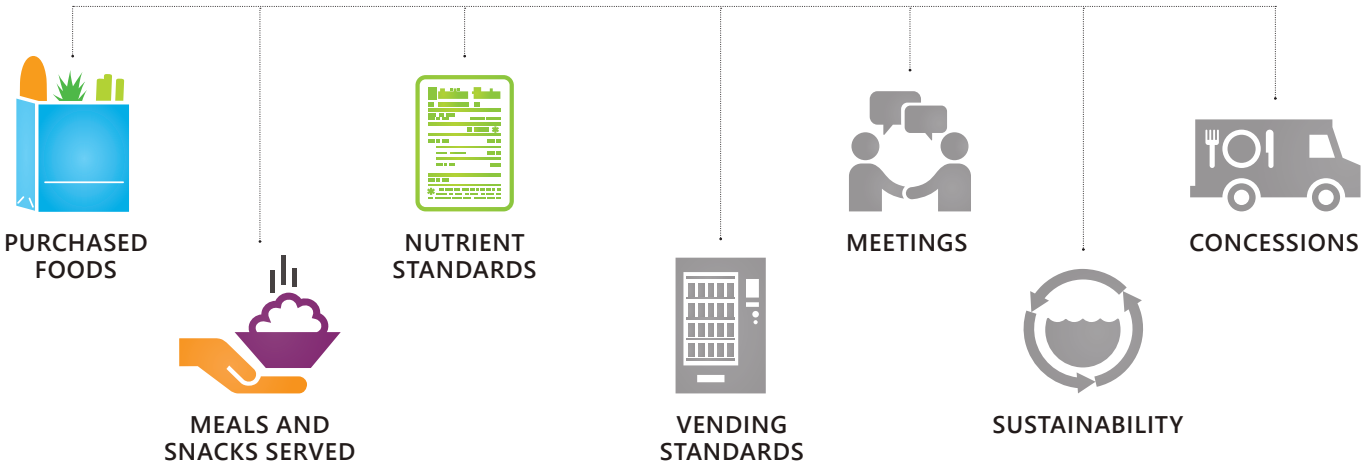
WHAT'S IN THIS GUIDE?

This guide includes:

- Nutrition 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 NUTRITION 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.	–
Sodium	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 is 100% fruit or vegetable juice; single-use containers like juice cups or boxes are limited to 6 oz. Vegetable juice contains ≤ 230 mg sodium per serving. No artificial sweeteners for programs serving a majority (51%) of children ages 2–18.	Purchase and offer fruit or vegetables instead of juice wherever possible.
Dairy	All milk must be 1% or non-fat, except children < 2 years should be served whole milk. All milk is unsweetened and unflavored.[2] All yogurt must be non-fat or low-fat. Plain or flavored yogurt contains ≤ 27 g sugar per 8 oz, ≤ 20 g sugar per 6 oz or ≤ 13 g per 4 oz. Any processed cheese food product contains ≤ 230 mg sodium.	Recommend purchasing yogurts without artificial sweeteners. Recommend cheese 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. All ground poultry must be lean. (contain ≤ 10% fat).	–
Luncheon/Deli Meats	All luncheon/deli meats contain ≤ 480 mg sodium per 2 oz serving	–
Seafood, canned and frozen	All canned/frozen seafood (e.g., tuna) must have ≤ 290 mg sodium per serving.	–
Soups/Gravies	All soups/gravies contain ≤ 480 mg sodium per serving	–

PURCHASED FOOD STANDARDS CONTINUED

NUTRIENT / FOOD PRODUCT	REQUIRED	RECOMMENDED
Bread, Pasta and other grains and starches	All sliced sandwich bread must contain ≤ 180 mg sodium per serving, be whole wheat/ whole grain rich[3] and contain ≥ 2 g fiber per serving. All flour tortillas and wraps are whole wheat/whole grain rich, 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), brown rice, etc.
Cereal, hot or cold	All cereal has ≤ 215 mg sodium per serving, ≤ 10 g sugar per serving, ≥ 2 g fiber per serving.[4,5]	–
Vegetables	All canned/frozen vegetables and beans must have ≤ 290 mg sodium per serving.	Purchase a variety of fruits and vegetables including dark orange, leafy green, and red/purple. Purchase fresh or frozen fruits or vegetables. Purchase seasonal and locally grown when possible.
Fruit	All canned fruit and frozen fruit must be packed in unsweetened juice or water (no syrup) with no added sugar.	
Frozen Whole Meals	All frozen whole meals must contain ≤ 35% of the daily sodium limit (adults ≤ 800 mg; ≤ 525 mg seniors).	–
Condiments and sauces	Salad dressings contain ≤ 290 mg sodium per serving. Condiments/sauces contain ≤ 480 mg sodium per serving, with the exeption of soy sauce. Due to limited market availability of soy sauce to meet this criterion, use reduced sodium soy sauce instead.	Purchase bulk ingredients to prepare condiments from scratch. Use low-fat mayonnaise; reduced sodium soy sauce; low-sodium ketchup; low-fat low-sodium and low-calorie salad dressings (as per FDA definitions[6]). Limit individual packets of condiments (sugar, salt.)
Nuts/seeds/nut butters	All nuts, seeds, nut/seed butters contain ≤ 230 mg sodium per serving. All nut/seed butters contain ≤ 4 g sugar per serving.	–
Desserts - grain and non-grain based	Limit desserts (cookies, cakes, brownies, ice cream, water ice, etc.) to ≤ 200 calories per serving and ≤ 18 g sugar per serving	–
Snacks	Snacks should meet **all** the following criteria: ≤ 250 calories per serving/package, excluding nuts and seeds ≤ 7 g total fat per serving, excluding snacks containing only nuts and/or seeds 0 g trans fat per serving ≤ 1 g saturated fat per serving ≤ 230 mg sodium per serving ≤ 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. The snack is not gum, candy or non-baked chips.[7]	–

1. The nutrition standards shall not apply if conformance will result in the loss of state or federal government funding.
2. For Departments serving a majority of children age 6–18, flavored milk and flavored fluid milk substitutes can be served, if ≤ 22 grams of sugar per 8 oz. Recommend phasing out over time.
3. 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.*
4. In child care facilities (day care facilities, Head Start, Early Head Start, other pre-K programs), cereal has ≤ 6 grams sugar per serving.
5. 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.
6. 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
7. Chips prepared by frying that meet specific ingredient criteria in addition to the snack criteria may be allowable dependent on PDPH product review.

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	Minimum of 2 servings per meal for lunch and dinner. For agencies serving 3 meals per day, minimum of 5 servings of fruits and vegetables a day.	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. For breakfast, serve at least one fruit whenever possible.Offer a variety of fruits and vegetables such as dark orange, red/purple, or dark green leafy.
Whole Grains	Serve at least one whole grain-rich food per day[1]	Serve whole-grain rich items whenever posible.
Water	Water is available at all meals (in addition to or in place of other beverages regularly served).	Tap water should be used wherever possible in place of bottled water for drinking and cooking.
Juice	Juice must be 100% fruit or vegetable juice, limited to ≤ 6 oz per serving. If meals provided, serve juice no more than 1 time per day. If only 1 meal or snack is provided per day, serve juice no more than 2 times per week.	Serve fruit or vegetable in place of juice.
Luncheon/deli meats	Serve luncheon/deli meats no more than 2 times per week.	–
Vegetarian entrees	Serve at least one vegetarian or bean-based entrée for lunch and dinner per week.	–
Desserts - grain and non-grain based	Maximum of 2 servings of desserts (doughnuts, pastries, cookies, cake, brownies, ice cream, water ice, etc.) per week. No more than 200 calories per serving and ≤ 18 g sugar per serving. Grain-based desserts cannot be substituted for grains on menu.	Use fruit or low calorie/low fat items for desserts whenever possible.

MEALS: FOOD STANDARDS CONTINUED

METHOD	REQUIRED	RECOMMENDED
Condiments	-	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[2]) Purchase bulk ingredients to prepare sauces and dressings from scratch.
Food Presentation and Marketing	Any promotional signage should encourage the selection of healthy offerings at the point of choice or point of sale.	Feature fruits and vegetables at the front of the serving line. Placing items in plain view and/or at eye level can help influence customers to choose healthy items. Use a pricing strategy that favors healthier food options. Use catchy or appealing names for menu items.
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.

1. 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.

2. 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: NUTRIENT STANDARDS

REQUIRED

Calories (kcal)

Adults: 1,800–2,100 kcal daily

Adults, Men Correctional: ≤ 2,800 kcal daily

Adults, Women Correctional: ≤ 2,200 kcal daily

Youth, Detention Facilities: ≤ 2,500 kcal daily

Sodium[1,2,3]

Adults, ages 19–50: ≤ 2,300 mg daily
breakfast: ≤ 700 mg · lunch: ≤ 800 mg · dinner: ≤ 800 mg

Adults, age 51 and over: ≤ 1,500 mg daily

Fat

Saturated Fat: ≤ 10% of calories

Trans Fat: 0 g from artificial sources

Fiber

Children, ages 1–3: ≥ 19 g daily

Children, ages 4–18: ≥ 25 g daily

Adults, ages 19 and over: ≥ 28 g daily

Sugar

Added Sugars: < 10% of calories

1. Agencies should aim to reduce sodium by 5-10% each year until the standard is met

RECOMMENDED

Protein

Adults: 10–35% of kcal daily

Carbohydrates

Adults: 45–65% of kcal daily

Potassium

Adults: 4,700 mg daily

Calcium

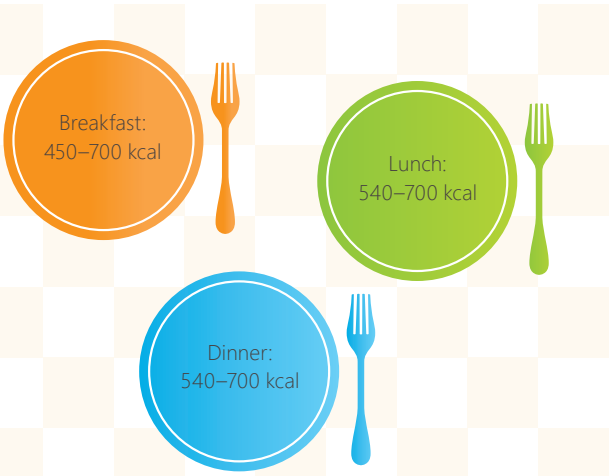
Adults: 1,000 mg daily

Iron

Adults, Men: ≥ 8 mg daily

Adults, Women: ≥ 18 mg daily

REQUIRED DAILY CALORIE INTAKE FOR ADULTS BY MEAL



SNACK STANDARDS

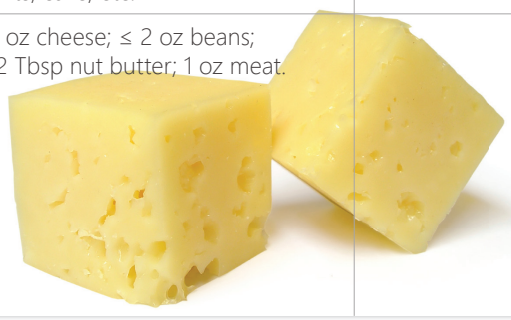
These snack guidelines are in compliance with the snack requirements of the USDA's Child & Adult Care Food Program (CACFP), with the exception of low-calorie beverages for sites serving adults.

OVERALL GUIDELINES

- ✓ **All items must be 0 g trans fat.**
- ✓ **Water (preferably tap water) is 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	Serving size is 1 cup (8 oz) Milk must be 1% or fat-free and unflavored.[4,5,6] Fluid milk substitute (e.g., soymilk) must be ≤ 100 calories per serving.	Phase out flavored milk over time.
Category 2: Fruit or juice Acceptable choices including but not limited to: fresh fruit, dried fruit with no added sugar, applesauce with no added sugar, canned fruit in its own juice or water	Serving size is ¾ cup Juice must be 100% juice, limited to ≤ 6 oz per serving. If providing snacks only, serve juice no more than 2 times per week.	Serve fresh fruit whenever possible Serve local seasonal fruit whenever possible.
Category 3: Vegetable Acceptable choices including but not limited to: carrot sticks, celery sticks, pepper slices, salads	Serving size is ¾ cup	Serve fresh vegetables whenever possible. Serve local seasonal vegetables whenever possible.
Category 4: Bread or Grain Acceptable choices including but not limited to: whole wheat pita, whole grain cereal and crackers, whole grain bread, plain popcorn	Serving size is 1 oz equivalent (½ cup or 1 slice). Sodium must be ≤ 180 mg per serving for sliced sandwich bread, and ≤ 230 mg for crackers, chips, salty snacks. Fiber ≥ 2 g per serving Grain or bread products should have ≤ 18 g sugar per serving and cannot be doughnuts, pastries, croissants, cake, etc.	Serve whole grain items whenever possible.
Category 5: Protein (meat or meat alternative) Acceptable choices including but not limited to: 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	Serving size is 1 oz cheese; ≤ 2 oz beans; ≤ 4 oz yogurt; 2 Tbsp nut butter; 1 oz meat.	

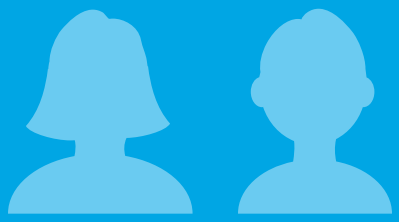


SNACK STANDARDS CONTINUED

OTHER CONSIDERATIONS	REQUIRED	RECOMMENDED
Beverages (for sites serving adults) Acceptable choices including but not limited to: plain water, plain or artificialy sweetened seltzer water or tea	≤ 40 calories per container or serving for beverages other than 100% juice or milk.	
Condiments	Salad dressings or dips contain ≤ 290 mg sodium per serving.	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[7]).
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:

- **Peanut butter + 1 serving whole grain crackers + 1 serving apple slices**
- **1 peach + 1 serving whole grain crackers**
- **1/2 a tuna sandwich: 1 slice whole wheat bread + lettuce + tomato**
- **Turkey + whole wheat pita triangles + 1 serving carrot sticks**
- **Milk + whole grain cereal + fresh berries**
- **Mixed nuts + 1 medium-sized banana**
- **Yogurt + blueberries + 1 serving rice cakes**
- **Hummus + pita + 1 serving sliced red peppers**



1. Agencies should aim to reduce sodium by 5-10% each year until the standard is met
2. For specific sodium limits for chilldren under 18 years old by meal, see Section 3: Population-specific Standards and Exceptions of the Philadelphia Nutrition Standards.
3. For calorie and other nutrient recommendations for children, see the USDA Dietary Guidelines for Americans, www.dietaryguidelines.gov.
4. Children 12 months to < 2 years old should be served unvlavored whole milk. Children 2-5 years old should be served unflavored skim or 1% milk.
5. Children 6-18 years can be served flavored fat-free milk or fluid milk substitutes, if < 22 grams of sugar per 8 oz serving.
6. No artificial sweeteners for programs serving a majority (51%) of children ages 2–18.
7. FDA definitions of 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

HEALTHY TIPS

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

HEALTHY TIPS

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
Soups/Gravies Luncheon/deli meats (per 2 oz serving) Condiments/sauces	≤ 480 mg
Snacks Nuts/seeds/nut butters	≤ 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

HEALTHY TIPS

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												
Arugula												
Beets												
Blueberries	frozen available year round											
Broccoli												
Brussels sprouts												
Cabbage												
Cantaloupe												
Carrots												
Cauliflower												
Collard greens												
Eggplant												
Green beans												
Kale												
Lettuce												
Mushrooms												
Onions												
Peaches												
Pears												
Peppers, sweet												
Potatoes												
Salad greens												
Spinach												
Summer squash												
Sweet corn		frozen available year round										
Sweet potatoes												
Tomatoes												
Watermelon												

HOW TO READ THE NUTRITION FACTS LABEL

HEALTHY TIPS

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

HEALTHY TIPS

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 (SOYBEANOIL OR CANOLA OIL), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2 LACTYLATE, MONOGLYCERIDES, CALDIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUMSULFATE), 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

HEALTHY TIPS

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 STAY AWAY FROM TRANS FATS.

Avoid fried foods, like French fries and chicken fingers, and baked goods, like cakes and cookies.
Stay away from foods with "partially hydrogenated" oils or shortenings listed in the ingredients.

2 USE LIQUID VEGETABLE OILS FOR COOKING.

Use canola, corn or olive oil instead of butter, lard or shortening.
Dress up a salad with an oil-based vinaigrette dressing.

3 USE SOFT TUB MARGARINE.

Use soft margarine spreads for baking and cooking instead of stick margarine or butter. If you do use butter, use only a small amount.
Avoid products with "partially hydrogenated" oil listed in the ingredients.

4 ADD FISH TO YOUR MENUS AT LEAST 2 TIMES A WEEK.

Fish is a great source of protein and is low in fat. Choose cod, flounder, haddock, tilapia, tuna and salmon.

5 USE LEAN MEATS AND LOW-FAT OR FAT-FREE DAIRY.

Look for beef that is less than 10% fat. Select skinless chicken or turkey breast.
Choose skim or 1% milk and dairy products (such as low-fat cheese or yogurt).

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

FOOD PREPARATION TIPS

HEALTHY TIPS

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, sodium and calories while enhancing the flavors and nutritional value of the prepared foods.

1	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.	
2	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.	
3	Drain and rinse canned meat/seafood, vegetables and beans to remove excess salt or oil.	
4	Trim all visible fat from meat before cooking.	
5	Use skinless poultry or remove the skin before cooking.	
6	Cook vegetables just long enough to make them tender- crisp. Overcooked vegetables lose flavor, color and important nutrients.	
7	Whether cooking or making dressings, use the oils that are lowest in saturated fats, —such as canola oil and olive oil —but use them sparingly because they contain 120 calories per tablespoon.	
8	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 Massachusetts State Agency Food Standards, Massachusetts Department of Public Health.

Adapted with permission from The American Heart Association.

HEALTHIER COOKING METHODS

HEALTHY TIPS

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.

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.

Adapted with permission from The American Heart Association.

USING SPICES AND HERBS

HEALTHY TIPS

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.

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

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USING SPICES AND HERBS

HEALTHY TIPS

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.

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!

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.

HEALTHY TIPS

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*

⅓ 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?qs=cElEPTEwMiZpc01ncj10cnVl

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.

HEALTHY TIPS

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
Water	Diet Soda	Regular Soda
Seltzer Water	100% Fruit Juice	Fruit Drinks (like Fruit Punch)
Skim or 1% Milk	2% Milk	Whole Milk

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.

HEALTHY TIPS

HEALTHIEST FOODS: ENJOY ANY TIME	SOMEWHAT HEALTHY FOODS: ENJOY 2–3 TIMES PER WEEK	LEAST HEALTHY FOODS: ENJOY ONCE IN A WHILE
Low-Fat or Fat-Free Dairy	Plain Popcorn	Snacks High in Sugar/Fat
Hummus	Whole-Wheat Crackers	Pastries and Donuts
Fresh Fruit	Fruit in its own Juice	Fruit in Syrup

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

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/gethealthyphilly
www.phila.gov/nutritionstandards