

Healthy Food Environment Nutrition Criteria To identify an item as healthy, we encourage hospitals to use the following criteria. Hospitals may choose to make these criteria more restrictive.

Food Item Category	HFE Nutrition Criteria ⁱ per serving (unless otherwise specified)
<p>Main Dish The “Main Dish” refers to a single entrée or meal component such as a casserole, pasta dish, sandwich, specialty salad, stir-fry, meat/fish serving*, or grill item.</p>	<p>Calories: less than 550 Max 35% calories from total fat Max 10% calories from saturated fat Trans fat: less than 0.5 grams (negligible amount) Sodium: less than 800 mg</p> <p>*Meat/fish servings limited to 5 oz. serving or less and must meet FDA labeling definition of lean : <10 gm fat, 4.5 gm or less saturated fat, <95 mg cholesterol per 100 gram serving.</p>
<p>Side Item The “Side Item” category refers to any side dishes offered in a cafeteria or food venue. Examples might include: rice, potatoes, breads/rolls, fruits or vegetables with added ingredients, sauces, and salad dressings.</p>	<p>Calories: less than 250 Max 35% from total fat Max 10% from saturated fat Trans fat: less than 0.5 grams (negligible amount) Sodium: less than 480 mg</p>
<p>(Optional) Featured Meal of the Day The “Featured Meal of the Day” refers to a complete plate or combination of food offered for breakfast, lunch or dinner. Typically, this includes a main dish and side item(s). To qualify, a “Meal” must include <u>two or more</u> of the following:</p> <ul style="list-style-type: none"> • fruit/vegetable • whole Grainⁱⁱ • lean protein (i.e. skinless lean poultry, lean beef or pork, fish/seafood (includes salmon), tofu, beans/legumes, eggs, etc.) 	<p>Calories: less than 800/meal Max 35% calories from total fat Max 10% calories from Saturated fat Trans fat: less than 0.5 grams (negligible amount) Sodium: less than 1000 mg/meal</p>
<p>Snack/Dessert/Quick Breads/Muffins/Rolls/Breads The “Snack” category refers to packaged or portioned items such as pretzels, chips, crackers, cookies, yogurt, or quick breads/muffins.</p>	<p>Calories: less than 200 Max 35% calories from total fat* Max 10% calories from saturated fat Trans fat: less than 0.5 grams (negligible amount) Sodium: less than 480 mg Max 35% calories from total sugars (EXCEPT for yogurt with 30 g or less of total sugars per 8-oz. portion as packaged) *100% nuts or seeds are EXEMPT from the fat criteria</p>
<p>Beverage The “Beverage” category refers to all beverages sold in hospital eateries, including vending machines and gift shops.</p>	<p>Diet Soda Water Flavored Water and Sports Drinks: max 50 calories per 8 oz. 100% Real fruit juice: maximum serving size of 12 oz. Unflavored skim or 1% milk or soymilk</p>
<p>Fruit/Vegetables The “Fruit/Vegetable” category refers to fresh, frozen, dried or canned fruit/vegetables. If additional ingredients are added to the fruit or vegetables, the “Side Item” category criteria should be used.</p>	<p>All fresh, steamed or cooked without added fats, cream sauce Canned vegetables: sodium ≤140 mg/serving All Fresh fruits Canned fruits packed in 100% water or 100% juice (non - caloric sweetener acceptable)</p>
<p>Soup The “Soup” category refers to soup offered in hospital eateries and venues. A separate category was created for this food item because it is unique in its calorie and sodium composition.</p>	<p>Calories: less than 225 per 8 oz serving Max 35% calories from total fat Max 10% calories from saturated fat Trans fat: less than 0.5 grams (negligible amount) Sodium: less than 800 mg</p>
<p>Healthy in Moderation (HIM) The following foods are good sources of monounsaturated or polyunsaturated fats and can be promoted as “heart healthy” in the specified serving amounts:</p>	<p>avocados – 1/5 avocado Hummus- 2 Tbsp (1 oz.) Salad dressings containing olive, canola, or flaxseed oil – 2 Tbsp. (1 oz.) olives – 4 large or 6 small olives 100% nuts or seeds (no added sugar) – 2 Tbsp (1oz.) 100% nut butters (no added sugar) – 2 Tbsp (1 oz)</p>

FDA Regulation and Definition of Terms:

Lean: The term "lean" may be used on the label or in labeling of foods except meal products as defined in Sec. 101.13(l) and main dish products as defined in Sec.101.13 (m) provided that the food is a seafood or game meat product and as packaged contains less than 10 g total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per reference amount customarily consumed and per 100 g.

Extra Lean: The term "extra lean" may be used on the label or in the labeling of foods except meal products as defined in Sec. 101.13(l) and main dish products as defined in Sec. 101.13(m) provided that the food is a discrete seafood or game meat product and as packaged contains less than 5 g total fat, less than 2 g saturated fat, and less than 95 mg cholesterol per reference amount customarily consumed per 100 g.

Trans Fat: *Trans* fat (also known as *trans* fatty acids) is a specific type of fat formed when liquid oils are made into solid fats like shortening and hard margarine. Food manufacturers are allowed to list amounts of *trans* fat with less than 0.5 gram (1/2 g) as 0 (zero) on the Nutrition Facts panel. As a result, consumers may see a few products that list 0 gram *trans* fat on the label, while the ingredient list will have "shortening" or "partially hydrogenated vegetable oil" on it. This means the food contains very small amounts (less than 0.5 g) of *trans* fat per serving.

Questions? Contact Julie, our on-staff nutritionist:

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ⁱ Developed from: United States Department of Agriculture. Dietary Guidelines for Americans, 2005. Available at: <http://www.health.gov/DietaryGuidelines/dga2005/document/default.htm>. Accessed July 14, 2008.

ⁱⁱ Common whole grains include: whole wheat, whole oats/oatmeal, whole-grain corn, popcorn, brown rice, whole rye, whole-grain barley, wild rice, buckwheat, triticale, bulgur (cracked wheat), millet, quinoa, sorghum. For information about the ingredients in whole-grain and enriched-grain products, read the ingredient list on the food label. For many whole-grain products, the words "whole" or "whole grain" will appear before the grain ingredient's name. The whole grain should be the first ingredient listed. Wheat flour, enriched flour, and degerminated cornmeal are not whole grains. The Food and Drug Administration requires foods that bear the whole-grain health claim to (1) contain 51 percent or more whole-grain ingredients by weight per reference amount and (2) be low in fat. United States Department of Agriculture, Dietary Guidelines for Americans, 2005. Chapter 5: Food Groups to Encourage. Available at: <http://www.health.gov/DietaryGuidelines/dga2005/document/html/chapter5.htm#table7>. Accessed November 19, 2008.