

Healthy Nutrition Guidelines

Implementation Guide for Vendors

- Vending Machines
- Meetings and Events
- Cafeterias



For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).



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The Guidelines are also adapted from:

- [Public Health – Seattle & King County](#) Healthy Vending Guidelines
- [U.S. General Services Administration](#) Health and Sustainability Guidelines for Federal Concessions and Vending Operations
- [RAND Corporation](#) Performance Standards for Restaurants



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Overview

Introduction

In October 2013, Governor Jay Inslee signed [Executive Order 13-06](#): Improving the Health and Productivity of State Employees and Access to Healthy Foods in State Facilities. This requires state executive agencies to adopt and implement food service guidelines that meet the Department of Health's Healthy Nutrition Guidelines (Guidelines).

The Department of Health's Healthy Nutrition Guidelines follow the guidance of the [2010 United States Department of Agriculture's Dietary Guidelines for Americans \(DGA 2010\)](#). They set criteria to ensure that healthy options can be found in cafeterias, cafes, on-site retail venues, vending machines, meetings and events and institutional food service. The Department of Health will update the Guidelines as necessary – at least every five years – to ensure that they remain current and science-based.



The Department of Health developed this implementation guide to support agencies and other organizations in the implementation of the Guidelines.

The Guidelines are based on the following guiding principles:

- Emphasize fruits, vegetables and whole grains.
- Minimize the use of process foods that contain added sugar and sodium.
- Recommend use of healthy cooking techniques, such as baking, roasting, broiling, grilling, poaching, steaming, and stir frying. Recommend no use of deep fryers.
- Serve items in smaller portions if high calorie items are provided (e.g., mini muffins or 2-inch cookies), while still maintaining overall calorie and nutrient requirements.
- Work toward reducing overall sodium content.



Implementation plan checklist for vendors

Use this checklist to adopt and implement the Guidelines. Submit the completed checklist with your application for recognition and success story to choosewell-livewell@doh.wa.gov.

Name of applicant: _____

Position: _____

Email: _____

Phone: _____

Where do you work? _____



How would you describe your worksite?

- State executive agency
- Site of state executive agency
- Other agency or organization
(voluntary adoption)

Complete the activities for the Guidelines you are implementing. Submit this information to choosewell-livewell@doh.wa.gov as you finish.

Vending

Record the number of machines _____

Record the number of slots per machine _____

Cafeterias

Complete Steps 1-4 of the Implementation Tool for Cafeterias (in the Cafeteria's section of this guide).



Institutions

Complete Steps 1-3 of the Implementation Tool for Institutions (in the Institution's section of this guide).

After you complete the initial activities, work to complete the following:

Activity	Due date
<input type="checkbox"/> Implement the Healthy Nutrition Guidelines	December 31, 2016
<input type="checkbox"/> Submit a success story	February 1 each year
<input type="checkbox"/> Submit application for recognition	February 1 each year
<input type="checkbox"/> Submit this completed implementation checklist	February 1 each year



Healthy Nutrition Guidelines for Vending Machines

Washington State supports healthy living by ensuring state agencies offer, purchase and serve healthy food and beverages. We are making the healthy choice the easy choice.

To meet the Healthy Nutrition Guidelines, 50% of vending options must meet the nutrition criteria listed in the **Healthier** and **Healthiest** categories below. Ideally, 100% of items in vending machines should meet the Healthy Nutrition Guidelines for foods and beverages. We will revisit this percentage after one year.

For items in vending machines, review the calories, fat, sugar and sodium content to determine their Vending Category. Increase the number of **Healthier** and **Healthiest** items while decreasing the number of **Limited** items.



Vending categories

Healthiest (Table 1a): Foods in this category are naturally nutrient-rich. They are mostly whole foods that contain low or no added sugar and sodium.

Healthier (Table 1b): Foods in this category are more processed or refined. They have more added sugar, sodium, or fat. They contain fewer nutrients for the amount of calories they provide.

Limited (Table 1c): Foods in this category are the least healthy. They are high in sodium, sugar, fat and refined grains.

Use **Tables 2a, 2b, and 2c** to determine the category for beverage items.

Use **Tables 3a, 3b, and 3c** to see examples of non-refrigerated, pre-packaged food items for all three categories.



Use **Tables 4a, 4b, and 4c** to see examples of fresh or refrigerated food items for all three categories.

Table 1a: Food Guidelines - Healthiest	
Calories	No more than 200 calories per package
Fat	No added fat for vegetables, fruits, nuts and seeds, low-fat dairy and meat, beans and eggs For grains and soup: follow the recommendations for the Healthier category Zero trans-fat
Sugar	No added sugar for all food groups except grains Grain products: no more than 6g of sugar per package

Table 1a, continued:

Sodium	No more than 150mg per package
Whole Grains	100% whole grains

Table 1b: Food Guidelines - Healthier

Calories	No more than 250 calories per package
Fat	<p>No more than 35% of calories from total fat, excluding nuts, seeds and nut butters</p> <p>No more than 10% of calories from saturated fat</p> <p>Zero trans-fat</p>
Sugar	No more than 35% of weight from total sugars, excluding whole fruit products or ingredients with no added sugars

<p>Sugar, cont.</p>	<p>Dairy products with sugar (pudding, yogurt, frozen yogurt, frozen milk desserts): no more than 30g total sugar per package</p> <p>Grain products: no more than 10g of sugar per package</p>
<p>Sodium</p>	<p>No more than 360mg per package for snack items</p>
<p>Whole Grains</p>	<p>At least 50% whole grains, whole grain as the first ingredient, or the item has the whole grain stamp</p>

<p>Table 1c: Food Guidelines - Limited</p>	
<p>Calories</p>	<p>More than 250 calories per package</p>
<p>Fat</p>	<p>More than 35% of calories from total fat, excluding nuts, seeds and nut butters</p>

<p>Fat, cont.</p>	<p>More than 10% of calories from saturated fat</p> <p>More than zero trans-fat</p>
<p>Sugar</p>	<p>More than 35% of weight from total sugars, excluding whole fruit products or ingredients with no added sugars</p> <p>Dairy products with sugar (pudding, yogurt, frozen yogurt, frozen milk desserts): more than 30g total sugar per package</p> <p>Grains products: more than 10g of sugar per package</p>
<p>Sodium</p>	<p>More than 360mg per package for snack items</p>
<p>Whole Grains</p>	<p>Less than 50% whole grains or a whole grain is not listed as the first ingredient</p>

Table 2a: Beverage Guidelines - Healthiest

Plain water

Plain or unsweetened carbonated water (seltzer)

Non-fat or low-fat (1%) milk and milk products that are unflavored, calcium fortified and less than 100 calories per 8 oz. serving

Unsweetened tea or coffee

100% vegetable juice: must contain no more than 230mg of sodium per serving

100% fruit juice with no added sugars: no more than 8 oz. serving for adults

Table 2b: Beverage Guidelines - Healthier

Zero- or low-calorie beverages: no more than 25 calories per 8 oz.

Non-caloric, artificially sweetened beverages (diet)

Fat-free or 1% flavored milk: no more than 22g of sugar per 8 oz.

Zero- or low-calorie beverages: no more than 25 calories per 8 oz.

Table 2c: Beverage Guidelines - Limited

Reduced fat (2%) milk, flavored or unflavored

Whole milk, flavored or unflavored

Sugar sweetened beverages, teas, coffee drinks, lemonade, fruit drinks, sports drinks and energy drinks: more than 25 calories per 8 oz.

Table 3a: Pre-packaged foods - Healthiest

Dehydrated vegetables

Cup of low-sodium soup with $\frac{1}{4}$ cup of vegetables

Dehydrated fruit (apples, oranges, pears, apricots, avocados, bananas)

Fruit packed in its own juice

100% whole grain products (crackers, pretzels, rice cakes, pita)

100% whole grain cereals, granola bars, cereal bars, muffins

Air popped or low-fat popcorn

Unsalted nuts or seeds

Table 3a, continued:

Trail mix or fruit nut bars with only unsalted nuts and unsweetened dried fruit

Low-sodium dried meat (jerky)

Low-fat, low-sodium bean soup

Table 3b: Pre-packaged foods - Healthiest

Dehydrated vegetables with added salt, sugar or fat

Baked potato chips

Dehydrated fruit with added salt, sugar or fat

Fruit packed in "lite" syrup

Table 3b, continued:

Whole grain products with at least 50% whole grains, whole grain as first ingredient (crackers, pretzels, pita, corn chips, soy crisps)

Whole grain cereals, granola bars, cereal bars, muffins, fig bars

Salted nuts and seeds (low-sodium)

Trail mix or fruit nut bars with salted nuts and added sugar

Low-fat bean soup

Table 3c: Pre-packaged foods - Limited

Fried vegetables

Regular chips

Fruit in heavy syrup

Imitation fruit snacks and gummies

Doughnuts, croissants, pastries, cookies, cakes, pies, pop tarts

Full-fat granola

Products made with refined grains (multigrain crackers, cereals, cereal bars)

Salted nuts and seeds

Trail mix that includes candy

Full-sodium dried meat (jerky) or tuna

Table 4a: Fresh foods - Healthiest

Fresh vegetables

Fresh fruit

100% fruit sorbet with no added sugars

Fat-free or low-fat plain yogurt

Fat-free or low-fat and low-sodium cheese

Low-fat and low-sodium cottage cheese

Hardboiled egg

Table 4b: Fresh foods - Healthier

Fresh vegetables with added salt, sugar, or fat

100% frozen fruit juice bars with no added sweetener

Fresh fruit with added salt, sugar, or fat

Fat-free cream cheese

“Lite” string cheese

Pudding, yogurt, frozen yogurt, ice cream made with fat-free or low-fat milk

Hummus

Table 4c: Fresh foods - Limited

Popsicles

Full-fat ice cream

Full-fat yogurt

Full-fat cheese



How to read a nutrition label

Serving size: Always look at the Servings per Container. Foods must meet the nutrition Guidelines for the entire item. If there is more than 1 serving in the container, you will need to multiply the nutrition facts by that number.

Calories: Items can have no more than 250 calories per package to meet the Guidelines. If the product has more than 1 serving, you will need to multiply the calories by that number.

- For example, if an item has 150 calories and 2 servings per container, you would multiply $150 \times 2 = 300$ calories per package. This example would not meet the Guidelines.



Fat: No more than 35% of total calories can come from fat (except for nuts, seeds, and nut butters). Divide Calories from Fat by total Calories, and then convert the decimal into a percentage.

- For example, if an item has 70 calories from fat and 140 total calories, $70/140 = 0.5$ or 50% of total calories from fat. This example would not meet the Guidelines.

Saturated fat: An item can have no more than 10% of calories from saturated fat. To calculate % calories from total saturated fat, multiply the grams of saturated fat x 10.

- For example, if an item has 1g of saturated fat, $1g \times 10 = 10$ or 10% of calories from saturated fat. This example would meet the Guidelines for saturated fat.



Trans-fat: An item cannot have any trans-fat. Make sure the nutrition facts say 0g trans-fat.

Sodium: Items can have no more than 360mg of sodium per package. If the product has more than 1 serving, you will need to multiply the mg of sodium by that number.

Sugar: Grain and dairy products have different Guidelines for sugar than non-grain and non-dairy products.

- Grain products: No more than 10g of sugar per package.
 - To find out if a product is a grain product, look for a grain listed in the **Ingredients** (wheat, corn, rice, etc.).

- Dairy products: No more than 30g total sugar per package.

Sugar, continued:

- All other products: No more than 35% of weight from total sugars, excluding whole fruit products or ingredients with no added sugars. To calculate the % weight from sugars, divide the total grams of sugar by serving size. And then multiply by 100.
 - For example, a product that has 18g of sugar and a 40g serving size is $18\text{g}/40\text{g} = 0.45$. Then, $0.45 \times 100 = 45\%$. This item would not meet the Guidelines because 45% of its weight comes from sugars.

Whole grains: Healthiest category grain products will have 100% whole grain (corn, oats, wheat, etc.) listed as the first ingredient in the nutrition facts.

Healthier category grain products will have the first grain listed as a whole grain (but doesn't say 100%), or the item will have a whole grain stamp on the package.



How to promote healthy choices in vending

- Put the **Healthiest** or **Healthier** items at eye level.
- Survey employees to find out which healthy choices they'd like to see in the vending machines.
- Organize a taste-testing event to let employees try the new healthy choices.
- Use the Choose Well — Live Well campaign materials to promote the healthy choice: Vending machine stickers, coin slot stickers, banners.
- Send quarterly emails about healthy choices in vending machines and the benefits of healthy eating.



Healthy Nutrition Guidelines for Meetings and Events

Washington State supports healthy living by ensuring state facilities and agencies offer, purchase and serve healthy food and beverages. We are making the healthy choice the easy choice.

To meet the Healthy Nutrition Guidelines for Meetings and Events, choose foods and beverages that meet at least the **Healthy** standard. We encourage agencies to work toward meeting the **Healthier** and **Healthiest** standards.

Healthy

- Provide food and beverage options that are appropriate for the attendees' dietary and cultural food needs.



Healthy, continued:

- Provide water at breaks and meals, preferably tap water.
- Provide zero- and low-calorie beverage options when you serve beverages other than water.
- Serve fruit or vegetables with all light refreshments and meals.
- Choose foods that are low in fat—especially saturated and trans-fats.

Healthier

- Meet the **Healthy** standard.
- When you serve grains, make sure that whole grain rich options are available.



Healthier, continued:

- When you serve dairy, make sure that low-fat or non-fat dairy options are available.
- When you serve proteins, make sure that lean meat and low-fat, non-meat protein options are available.
- Provide healthy portion sizes. For example, serve small or half bagels, 3 – 5 oz. servings of meat, and cakes and brownies in small serving sizes (2" square or smaller).

Healthiest

- Meet the **Healthier** standard.
- Provide at least one lower sodium option.



Healthiest, continued:

- Lower sodium is 360mg of sodium or less per snack item, 480mg of sodium or less per individual food item as served, or 900mg of sodium or less per meal.
- Serve Washington grown foods when possible.
- Ask your caterer about providing local foods.
- Purchase foods from local farmers market.



How to promote healthy choices in Meetings and Events

- ❑ Allow meeting and events participants to pre-order their meals. People tend to choose healthier meals when they pre-order.

- ❑ Use attractive, descriptive names for healthier foods items and regular titles for less healthy options.

- ❑ Use tall, skinny glasses or other containers to give illusion of more drink or food.

- ❑ Use smaller plates and bowls.

- ❑ Add any kind of non-fried, low-fat vegetable to meals.

- ❑ Offer more than one choice of healthier foods and decrease the number of less healthy options.



- ❑ For potlucks, encourage attendees to bring food and beverage items that meet the Healthy Nutrition Guidelines.

Examples include:

- **For desserts** – small portion sizes.
 - **For condiments** – low-sodium and low-fat options
 - **For breads** – whole grain breads.
- ❑ If you're having a buffet, put the healthier options at the beginning of the line and label food and beverage options that meet the Guidelines.
 - ❑ Display a poster on the food table to let your attendees know the nutritional importance of what is in their meal.



How to reduce sodium in Meetings and Events

Meeting planners

Tips for choosing low-sodium options

- Choose packaged products with no more than 10% of daily value of sodium per serving listed on their food label.
- Offer fresh vegetables rather than canned. If offering frozen vegetables, read the label to make sure they do not contain salt.
- Ask your caterer to prepare soups, salad dressings, dips and meat marinades from scratch to control sodium content.
- Offer lower sodium dairy products in 1 oz. serving sizes, and freshly roasted and cooked meats and fish rather than salted, cured, deli, or smoked meats and fish.

Caterers

Tips for delicious and healthy lower sodium cooking

- When making salad dressings, soups, sauces or marinades, use no more than 3/4 teaspoon of salt or 2 tablespoons of soy sauce in every 10-portion batch.
- Try using intensely flavored herbs, spices, low-sodium liquids and salt-free seasonings, such as vinegar, lemon juice, wine and fruit juices.
- Drain the liquid from and rinse canned foods.
- Use oil or unsalted butter instead of salted butter when possible.



- Be aware that baking soda, baking powder, monosodium glutamate (MSG), disodium phosphate, sodium alginate, sodium nitrate and nitrite all contain sodium.

- Roasted, grilled, broiled, baked, poached or steamed meats and fish are much lower in sodium than salted, cured, deli or smoked meats and fish.

- Make sauces, dressings, soups and condiments from scratch if possible, and serve dressings, sauces and condiments on the side.

- Be creative by adding low-sodium whole foods to processed products. For example, add diced fresh tomatoes or canned tomatoes with no salt added to canned tomato sauce or dilute low-sodium soy sauce with vinegar at a 1:1 ratio.



Healthy Nutrition Guidelines for Cafeterias

Washington State supports healthy living by ensuring state agencies offer, purchase and serve healthy food and beverages. We are making the healthy choice the easy choice.

To meet the Healthy Nutrition Guidelines, all food service venues must meet the following basic criteria (25 points). Large and medium food service venues must earn additional points to meet the Guidelines. See additional criteria for large and medium food service venues below. Please consult the glossary for definitions.

Small food service venue = 25 points

Medium food service venue = 35 points

Large food service venue = 50 points



Basic criteria for all food service venues

All food service venues are required to implement the following criteria (25 points)

- Offer daily two whole grain rich options at any time during operation hours. For small and medium food service venues, offer at least one whole grain rich option at all times.
- Offer daily at least one raw, salad-type vegetable and at least one steamed, baked or grilled vegetable seasoned without fat or oil. Small and medium food service venues are not required to offer cooked vegetables.
- Offer a variety of at least three whole or sliced fruits daily. Small food service venues should offer at least two.



- When protein entrées are offered, offer lean meat, poultry, fish or low-fat vegetarian entrée choices.
- Offer one lower sodium entrée and/or meal and promote it.
- Limit deep-fried entrée options to no more than one choice per day.
- All meal items are free of artificial trans-fat or partially hydrogenated oils.
- Offer low-fat and non-fat milk and milk products.
- Have free water available and advertise its availability.



Additional criteria for large and medium food service venues

Large and medium food service venues can choose from the following options to achieve their required point levels:

- Healthy beverage criteria
- Healthy food criteria
- Make the healthy choice the easy choice

Medium food service venues must earn an additional 10 points and large food service venues must earn an additional 25 points. Small food service venues are encouraged to work on the following criteria, but are not required to do so.



Healthy Beverage Criteria for Cafeterias

Beverages – 3 points

- Offer container/cup sizes for beverages that are no larger than 16 oz.
- Offer only low-fat and non-fat milk products.

Beverages – 2 points

- Do not offer free refills of sugar-sweetened beverages.

Beverages – 1 point

- Make low-fat or non-fat milk the default milk option.



- For coffee service, serve milk (whole, 2%, low-fat or non-fat) as the default option rather than cream or half and half.
- If sugar sweetened beverages are offered, an equal number of no/low-calorie beverages must also be offered.
- Offer only 100% fruit juice with no added sweeteners.
- Offer vegetable juices that contain 230 mg or less of sodium per serving.



Healthy Food Criteria for Cafeterias

Food Components –3 points

- Have at least one Washington grown food product available at all times.

- Offer half-sized portions for at least 50% of entrée items and promote that option.

- Serve non-fried vegetables or fruit as the default side dish with meals.

- When grains are offered, make whole grain options the default for 50% of the meals.

- Offer a salad bar.



Food Components –2 points

- Allow substitution of a non-fried vegetable side dish for no extra charge and promote that option.

- Serve one meal that provides at least three of the following items:
 - One serving of fruit.
 - One serving of vegetables.
 - One serving of beans (black, pinto, kidney).
 - One serving of whole grains.

- Offer healthy options with bread in place of butter, such as olive oil or hummus.



- If dessert is offered, offer smaller portions (2 oz.) of cookies, bars, etc.

- Offer at least one fish or seafood option prepared using a healthy cooking method (broiled, grilled, baked, roasted).

- For cheese, yogurt and other milk products, offer low-fat and non-fat products as the default options.

- For breakfast baked goods, offer small portions of muffins (3 – 3 ½ oz.), quick breads and bagels.

- Offer condiments, sauces and dressings on the side.



Food Components –1 points

- Offer low-sugar cereals (6g or less of sugar per serving) with at least 3g of fiber.
- Only offer yogurt with no added caloric sweeteners or labeled as reduced/less sugar.
- Locate fruit in close proximity to dessert options.
- Offer at least one oil and vinegar based salad dressing that is also low in sodium.
- Purchase lower sodium products, such as soup base, deli meats, canned tomatoes, fresh or frozen vegetables or bread products. 1 point for each low sodium product purchased for a maximum of 5 points.



Criteria to Make the Healthy Choice the Easy Choice in Cafeterias

Strategies – Options worth 3 points

- Sell healthier options at equal or lower price than equivalent available items.

Strategies – Options worth 2 points

- Place healthier items more prominently—closer to customers and at eye level.
- Reserve at least 75% of promotional signage in the restaurant for healthier items.
- Do not market or promote deep-fried options as the special or feature of the day.



Strategies – Options worth 1 points

- Train employees to prompt customers to choose non-fried vegetables when ordering.
- Train employees to prompt customers to choose zero- and low- calorie beverages when ordering.
- List healthier options first for each category of the menu.
- List zero- and low- calorie beverages before sugar sweetened beverages on the menu.
- 1 point for each approach used for a maximum of 3 points.
 - Promote healthier menu options through advertising, coupons, price promotions, window signs, in-store signage, kiosks, and table tents.



Implementation tool for Cafeterias

STEP 1: Determine what size food service venue you are. Check the box that best describes your venue.

- Small food service venue:** Offer only pre-made and pre-packaged options and the food is prepared off-site and brought in to the food service location. A grab-and-go venue is an example.

- Medium food service venue:** Typically offer a smaller number of menu options including premade or quick-to-make options, such as soups and sandwiches. Delis, cafés or food service operations with limited on-site preparation facilities are examples.

Large food service venue: Offer a large menu of options that are made in-house, such as hot entrées, grill items, salad bars, bakery items, deli stations, etc. A full-service cafeteria or conventional food service operation is an example.

STEP 2: Assess how well your food service venue meets the Guidelines.

Basic criteria (required for all food service venues)	Yes	No
<p>Large: Do you offer daily two whole grain rich options at any time during operations hours?</p> <p>Medium and small: Do you offer daily at least one whole grain rich option at all times?</p>	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt

Basic criteria, continued:

<p>Large: Do you offer daily at least one raw, salad-type vegetable and at least one steamed, baked or grilled vegetable seasoned without fat or oil?</p> <p>Medium and small: Do you offer daily at least one raw, salad-type vegetable?</p>	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
<p>Large and medium: Do you offer daily at least three whole or sliced fruits?</p> <p>Small: Do you offer daily at least two whole or sliced fruits?</p>	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt

Basic criteria, continued:		
All: When protein entrées are offered, do you offer a lean meat choice such as poultry, fish or low-fat vegetarian option?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
All: Do you offer one lower sodium entrée and/or meal and do you promote it?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
All: Do you offer no more than one deep-fried entrée option per day?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
All: Are all meal items free of artificial trans-fat or partially hydrogenated oils?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
All: Do you offer low-fat and non-fat milk products?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt

Basic criteria, continued:

All: Do you have free water available and do you advertise its availability?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt
Total points – Basic criteria		_____

Food components (optional for small food service venues)	Yes	No
Do you have at least one Washington grown food product available at all times?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
Do you offer half portions for at least 50% of entrée items and promote that the option is available?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt

Food components, continued:		
Do you serve non-fried vegetables or fruit as the default side dish with meals?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
When grains are offered with meals, do you serve whole grain rich options as the default with 50% of meals?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
Do you offer a salad bar?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
Do you allow substitution of a non-fried vegetable side dish for not extra charge and do you promote that the option exists?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt
Do you serve one meal that provides at least three of the following items: one serving of fruit, one serving of beans or one serving of whole grains?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt

Food components, continued:		
Do you offer healthy options, such as olive oil or hummus, with bread in place of butter?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt
If dessert is offered, do you offer smaller portions (2 oz.) of cookies, bars, etc.?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt
Do you offer at least one fish or seafood option prepared using a healthy cooking method such as broiled, grilled, baked or roasted?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt
For cheese, yogurt and other milk products (i.e. yogurt, cottage cheese), do you offer low-fat and non-fat products as the default options?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt

Food components, continued:		
For breakfast baked goods, do you offer small portions of muffins (3 – 3.5 oz?)	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt
Do you offer all condiments, sauces and dressings on the side?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt
Do you offer low-sugar cereals (6g or less of sugar per serving) with at least 3g of fiber?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
Do you only offer yogurt with no added caloric sweeteners or labeled as reduced/less sugar?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
Do you locate fruit in close proximity to dessert options?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
Do you offer at least one oil and vinegar based salad dressing that is also low in sodium?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt

Food components, continued:		
Do you purchase lower sodium products, such as soup base, deli meats, canned tomatoes, fresh or frozen vegetables, or bread products? (1 point for each low sodium product purchased for a maximum of 5 points)	<input type="checkbox"/> 5 pt <input type="checkbox"/> 4 pt <input type="checkbox"/> 3 pt <input type="checkbox"/> 2 pt <input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
Total Points – Food Components _____		

Beverages (optional for small food service venues)	Yes	No
Do you offer container/cup sizes for beverages that are no larger than 16 oz.?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
Do you offer only low-fat and non-fat milk products?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt

Beverages, continued:		
Do you restrict refills of sugar-sweetened beverages?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt
Is low-fat or non-fat milk your default milk option?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
For coffee service, do you serve milk (whole, 2%, low-fat or non-fat) as the default option rather than cream or half and half?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
If you offer sugar-sweetened beverages, do you offer an equal number of zero- and low-calorie beverages?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
If you offer juice, do you only offer 100% fruit juice with no added sugars?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt

Beverages, continued:		
If you offer vegetable juices, do you offer at least one that contains less than 230mg of sodium per serving?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
Total points — Beverages		_____

Make it easier for customers to choose healthier options (optional for small)	Yes	No
Do you sell all healthier options at equal or lower price than equivalent available items (i.e., turkey burger vs. regular burger)?	<input type="checkbox"/> 3 pt	<input type="checkbox"/> 0 pt
Do you place healthier items more prominently – closer to customers and at eye level?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt

Make it easier, continued:		
Is at least 75% of your promotion signage in your venue for healthier items?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt
Do you restrict marketing of deep-fried options as the special or feature of the day?	<input type="checkbox"/> 2 pt	<input type="checkbox"/> 0 pt
Do you train employees to prompt customers to choose non-fried vegetables when ordering?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
Do you train employees to choose zero- and low-calorie beverages when ordering?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
Do you list healthier options first for each category of the menu?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
Do you list zero- and low-calorie beverages before sugar sweetened beverages on the menu?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt

Make it easier, continued:		
Do you promote healthier menu options through advertising, coupons, price promotions, window signs, in-store signage, kiosks or table tents? <u>(1 point for each approach used for a maximum of 3 points)</u>	<input type="checkbox"/> 3 pt <input type="checkbox"/> 2 pt <input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt
Total points — Easier to Choose Healthier _____		

STEP 3: Add up the points you calculated in the previous section.

- Small food service venues must meet all of the Basic Criteria = 25 points
- Medium food service venues must meet Basic Criteria 25 points + additional 10 points = 35 points

- Large food service venues must meet Basic Criteria 25 points + additional 25 points = 50 points

	Points
Basic criteria (required for all food service venues)	_____
Additional criteria (optional for small food service venues)	
▪ Food components	_____
▪ Beverages	_____
▪ Make it easier for customers to choose healthier options	_____
Total points	_____

- ❑ **STEP 4: Plan for the changes your food service venue needs to make to meet the Guidelines.** Start with the changes that are easiest to make and work towards the more difficult changes. These changes may take some time.



Does your food service venue meet the Guidelines for:

Small food service venue (25 pt) Yes No

Medium food service venue (25 pt) Yes No

Large food service venue (50 pt) Yes No

If “no,” what do you need to do to meet the Guidelines?

What is your goal completion date?



How to promote healthy choices in Cafeterias

1. Use strategies other cafeterias have found successful to encourage customers to make the healthy choice.

- ❑ Make the healthier items the first thing customers see when they enter the cafeteria. Place healthier items first in cooler or on food line.
 - ✓ **It works!** White milk sales increased up to 46% when placed first in school lunchroom coolers.

- ❑ Make healthier choices more visible by placing at eye-level and in good lighting.
 - ✓ **It works!** Moving and highlighting fruit in a school cafeteria increased sales by up to 102%.



- ❑ Make the healthier choice the default option.
You can still have the less healthy side available for customers who ask for it.
 - ✓ **It works!** People are more likely to choose default options.

- ❑ Consider an “express line” with healthy grab-and-go items such as boxed lunches with sandwiches made on whole grain bread, a side of fruit and vegetable, and water.
 - ✓ **It works!** 35% more students in one cafeteria chose healthier items when the cafeteria offered a “healthy choice only” convenience line.

- ❑ Try accepting preorders of healthier items in the morning, and then have them ready for pick up.
 - ✓ **It works!** People tend to order healthier choices more often when they pre-order.



- ❑ Make smaller portions the “regular” and the larger portions “double.”
 - ✓ **It works!** Customers respond more to portion size labeling than actual container size. We eat less when items have a larger sounding name.

- ❑ Use attractive, descriptive names for healthier meal options.
 - ✓ **It works!** Naming vegetables in an attractive way increased the selection of vegetables in school cafeterias.
 - One cafeteria incorporates “exotic new veggies” in their menu like creamed cauliflower and mixed roots.
 - One cafeteria serves “breakfast salads” made with eggs, chicken or tofu, and vegetables.

- ❑ Use tall, skinny glasses for beverages. Tall and skinny glasses make it look like there's more drink. This also works for food containers.
 - ✓ **It works!** People pour more into a short, wide glass than a tall, narrow glass.

- ❑ Use smaller plates and bowls.
 - ✓ **It works!** People over-serve themselves when using larger plates and bowls, and they underserve themselves when using smaller plates and bowls.

- ❑ Make sure meals come with a vegetable. You can add any kind of non-fried, low-fat vegetable to meals.
 - ✓ **It works!** People think meals with vegetables are more appealing.



❑ Offer more than one choice of healthier foods and decrease the number of less healthy options.

✓ **It works!** We eat more when we have more options to choose from.

- Students in one cafeteria chose more vegetables when they had two choices instead of one choice.
- One cafeteria has an oatmeal bar with fun, healthy toppings that customers can choose from like blueberries, cranberries, apples, dried currants, dried apricots, walnuts, toasted almonds, flax seed and honey.
- One cafeteria allows customers to “create their own bowl” by choosing a whole grain, a protein, and then a seasonal vegetable.



❑ Encourage people to make the healthy choice by asking, “Would you like a piece of fresh fruit today?” or “Would you like water with that?”

✓ **It works!** Students at one school were four times more likely to take fruits when the servers asked them if they wanted fruit or juice.

- One cafeteria found that giving options helps control costs and reduce calorie consumption. They’d ask customers “would you like cheese or sour cream?” on taco bar days.

❑ Make the daily special a healthier choice.

✓ **It works!** Customers are more likely to choose a meal featured on the front of a menu as the special.

- One cafeteria had “Wellness Wednesdays.” The Wednesday special featured a new, healthy food like sweet potato casserole.



- One cafeteria had “Fresh Start Mondays.” The menu included new vegetable-loaded recipes and exotic flavors.

2. Market healthier choices by using the Choose Well - Live Well materials

- ❑ Use the Choose Well — Live Well campaign materials to promote the healthy choice. Label vegetarian, gluten-free and healthy options with food and beverage labels.
- ❑ Put up Choose Well — Live Well posters around the cafeteria and worksite.
- ❑ Tell your customers about the healthy options available in your cafeteria through emails or newsletter articles.



Resources

Applying for recognition

All forms required to apply for recognition are available at www.doh.wa.gov/choosewell-livewell. Questions? Contact us at choosewell-livewell@doh.wa.gov.

Vendor recognition

Individual vendors, operators, food services managers, etc. can apply for recognition based on their individual level of compliance.

Criteria

- The vendor implements the Guidelines as applicable.
- The vendor completes and submits the implementation plan checklist.



- The vendor applies for recognition by February 1 for work completed in the previous year.

Recognition

- Permission to use recognition logo (on menu, vending machines, etc.).
- Announcement of recognition posted on the Choose Well – Live Well website.



Glossary

- An **entrée** is considered the main part of a meal. Examples include a sandwich, pizza or burger.
- **Healthier options** are fruits, non-fried vegetables, lean proteins, whole grain rich grains (excluding sweet baked goods), zero- or low-calorie beverages, water, or low-fat or fat-free milk.
- **Large food service venues** offer a large menu of options that are made in-house, such as hot entrées, grill items, salad bars, bakery items, deli stations, etc. A full-service cafeteria or conventional food service operation is an example.

- **Lean meats** are seafood or game meat products that contain less than 10g total fat, 4.5g or less saturated fat, and less than 95mg cholesterol per RACC (reference amount customarily consumed) per 100g.
- **Lower sodium** is 360mg of sodium or less per snack item, 480mg of sodium or less per individual food item as served, or 900mg of sodium or less per meal.
- A **meal** is a more complete offering intended for breakfast, lunch, or dinner that includes two or more items from recommended food groups served in combination. For example, a meal may include a lean meat, vegetable, fruit and whole grain bread.

- **Medium food service venues** typically offer a smaller number of menu options including premade or quick-to-make options, such as soups and sandwiches. Delis, cafés or food service operations with limited on-site preparation facilities are examples.

- **No added sugars** — FDA-recognized examples include: Agave syrup, anhydrous dextrose, brown sugar, brown sugar syrup, confectioner's powdered sugar, corn syrup, corn syrup solids, dextrin, dextrose, evaporated cane choice, fructose, high-fructose corn syrup (HFCS), honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, nectars (peach nectar, pear nectar), pancake syrup, raw sugar, sucrose, sugar, white granulated sugar.

Added sugars not recognized by the FDA include: cane juice, crystal dextrose, evaporated corn sweetener, fruit-juice concentrate, fruit nectar, glucose, liquid fructose, sugar cane juice.

- **Small food service venues** offer only pre-made and pre-packaged options and the food is prepared off-site and brought in to the food service location. A grab-and-go venue is an example.
- **Sugar-sweetened beverages** include sodas, fruit drinks, sport drinks, iced teas and coffee drinks that contain added caloric sweeteners. These do not include low-fat or fat-free milk.
- **Whole grain rich** foods have at least 50% of the grain ingredients as whole grain. This can be determined by the product listing a whole grain as the first ingredient, from the manufacturer, or if the product has a whole grain stamp. Brown rice, whole grain rolls, corn tortillas, whole grain pasta, oatmeal or whole grain cereal are examples. Items which bear a whole grain stamp are whole grain rich.



- **Zero- or low-calorie beverages** include water and other beverages with no more than 25 calories per cup or container as offered for sale.



Recommended foods and beverages

Coffee

- **Recommended:** Served with non-fat (skim) or low-fat (1%) milk.
- **Not recommended:** Served with half and half.

Juice drinks

- **Recommended:** 100% fruit or vegetable juice.
- **Not recommended:** Fruit or vegetable drinks (including full-sodium tomato juice), and "ades."

Milk

- **Recommended:** Non-fat or low-fat (1%) milk, enriched low-fat soy.
- **Not recommended:** Reduced fat (2%) or whole milk.

Soft drinks

- **Recommended:** Diet soft drinks or reduced calorie sports drinks.
- **Not recommended:** Full calorie soda, sports drinks.

Tea

- **Recommended:** Unsweetened iced tea with lemon slices or hot tea.
- **Not recommended:** Sweetened iced tea.

Water

- **Recommended:** Provide as an option at every meal.
- **Not recommended:** Flavored waters with more than 5g of sugar per serving.

Bagel

- **Recommended:** 2 ½" – 3 ½" size or cut in half; whole wheat, whole grain rye or pumpernickel.
- **Not recommended:** Greater than 3 ½"; "salt bagels.

Baked goods

- **Recommended:** Small slices of quick bread (pumpkin, oatmeal, banana); lower fat, lower sugar granola bars or small muffins; whole grain pancakes less than 4" made from scratch; no trans-fats or partially hydrogenated oils.
- **Not recommended:** Doughnuts, sweet rolls, pastries, large muffins.

Bread

- **Recommended:** Whole wheat, good source of fiber, whole grain, rye or pumpernickel; 200mg or less of sodium per slice.
- **Not recommended:** White, "wheat."

Cereal

- **Recommended:** Whole grain, good source of fiber, lightly sweetened or unsweetened cereal (low-fat granola, oatmeal), non-instant oatmeal; less than 200mg sodium per serving.
- **Not recommended:** Highly sweetened, low fiber, instant oatmeal.

Cheese

- **Recommended:** Low- or reduced-fat cheeses (part skim mozzarella, skim ricotta, reduced calorie Cheddar); low-sodium cheeses (American, Colby, Cheddar, Swiss, other products labeled "low-sodium").
- **Not recommended:** Large slices or cubes, processed cheese unless labeled "low-sodium," higher sodium cheeses such as bleu, Roquefort, Edam, feta, Gorgonzola, Romano, Parmesan, Provolone.

Chips

- **Recommended:** Baked chips, pretzels, whole grain chips.
- **Not recommended:** Full-fat chips.

Condiments

- **Recommended:** Ketchup, mustard or low-fat mayonnaise, low-sodium soysauce in 1tsp portions, lemon juice, vinegar, homemade salsa, guacamole, no or low-sodium seasoned salts.
- **Not recommended:** Regular soy sauce, tartar sauce, teriyaki sauce, steak sauce, full-sodium seasoned salts, barbeque sauce.

Crackers

- **Recommended:** Low- or reduced-fat, whole grain, brown rice, whole wheat; sodium below 150mg per serving.
- **Not recommended:** Full-fat, not labeled “whole grain,” sodium above 150mg per serving.

Desserts

- **Recommended:** Lower fat, lower calorie desserts (fresh fruit, low-fat ice cream, low-fat frozen yogurt, sherbet, sorbet, yogurt parfait with fruit and low-fat granola); small slices (2”) low-fat cake (angel food cake with fruit and light whipped cream).
- **Not recommended:** High-fat, high-calorie desserts (ice cream, cheese cake, pie, cream puffs, large slices of cake).

Dips

- **Recommended:** Salsa, low-fat cottage cheese, hummus, reduced- or low-fat salad dressing, dips from low-fat mayonnaise, low-fat sour cream, reduced-fat cream cheese.
- **Not recommended:** Dips made from mayonnaise, full-fat sour cream, cream cheese, cream sauce.

English muffin

- **Recommended:** Whole wheat English muffin.
- **Not recommended:** White English muffin.

Fruit

- **Recommended:** Fresh, dried, canned in juice, frozen.
- **Not recommended:** Sweetened, canned in syrup.

Meatballs

- **Recommended:** Made with lean meat or turkey, served in broth or vegetable based sauce.
- **Not recommended:** Made with high-fat meat, served in gravy or high-fat, high-sodium sauces.

Meat

- **Recommended:** Healthy cooking methods (grilled, broiled, baked, poached, steamed, roasted), lean meats (poultry without skin, fish, lean beef).
- **Not recommended:** Unhealthy cooking methods (fried, cured, smoked, brined), high-fat meats (poultry with skin, bacon, sausage, high-fat cold cuts).

Pasta salad

- **Recommended:** Whole wheat pasta made with reduced- or low-fat mayonnaise or mayonnaise cut with sour cream, low-sodium oil and vinegar based dressing, freshly made dressing.
- **Not recommended:** Made with mayonnaise or a cream based dressing, with high-sodium and commercially prepared dressings unless "low-sodium."

Pizza

- **Recommended:** Made with thin, whole wheat crust, topped with tomato sauce, thin layer of part skim mozzarella cheese, and vegetables, 450mg of sodium or less per serving.
- **Not recommended:** Made with thick crust, with high-fat cheese, pepperoni, Italia sausage or other high-fat meats, more than 450mg of sodium per serving.

Popcorn

- **Recommended:** Reduced- or low-fat or "lite."
- **Not recommended:** Buttered, salted.

Potatoes

- **Recommended:** Baked and served with low-fat sour cream and vegetable toppings.
- **Not recommended:** Baked and served with butter, sour cream, bacon bits.

Rolls

- **Recommended:** Whole grain rolls; 200mg of sodium or less per roll.
- **Not recommended:** Croissants, white rolls.

Salad dressing

- **Recommended:** Served on the side, low-fat or fat-free, freshly made with low-sodium ingredients, oil and vinegar.
- **Not recommended:** Full-fat and high-sodium served on the salad.

Salad toppings (non-dressing)

- **Recommended:** Fresh fruits and vegetables, dried fruits, unsalted nuts and seeds, hardboiled eggs, low-sodium or rinsed beans, canned fruit in juice, canned vegetables with lower sodium, cooked vegetables.
- **Not recommended:** Bacon bits, pre-prepared croutons, cheese containing more than 200mg of sodium per 1oz serving (see “cheese” for recommendations).

Sandwich bread

- **Recommended:** Good source of fiber, whole wheat, whole grain, rye or pumpernickel; 200mg or less of sodium per slice.
- **Not recommended:** Croissants, white bread, wheat bread, that does not say “whole wheat.”

Sauces

- **Recommended:** Homemade, cut high-sodium sauces with fresh and low-sodium products; sodium lower than 200mg per serving.
- **Not recommended:** Cream-based; sodium greater than 200mg per serving.

Seafood

- **Recommended:** Healthy cooking methods (broiled, grilled, steamed, baked, poached), served with reduced- or low-fat and low-sodium products; sodium lower than 200mg per serving.
- **Not recommended:** Unhealthy cooking methods (deep fried, brined), serve in high-fat, high-sodium sauces, fish packed in oil.

Soups

- **Recommended:** Made with reduced-sodium broth, reduced-sodium bouillon cubes, vegetable puree or skim milk, vegetables and meat.
- **Not recommended:** Made with cream or half and half, only meat; sodium exceeds 300mg per serving.

Spreads

- **Recommended:** No trans-fats, light margarine, reduced- or low-fat cream cheese, spreadable fruit, jam, nut butters.
- **Not recommended:** Butter, cream cheese, spreadable cheese.

Sweets

- **Recommended:** Fresh fruit with low-fat yogurt dip, small cookies, half or small muffins, small hard candies or dark chocolate.
- **Not recommended:** Large cookies, muffins.

Vegetables (cooked)

- **Recommended:** Healthy cooking methods (steamed, grilled, baked), marinated in oil, vinegar, and spices.
- **Not recommended:** Unhealthy cooking methods (fried, heavily salted), served in cream sauce or butter.



Vegetables (uncooked)

- **Recommended:** Fresh cut and served with low-fat, lower sodium dressing, salsa, or hummus, canned with no salt added.
- **Not recommended:** Served with high-fat and high-sodium dip, canned with salt.

Yogurt

- **Recommended:** Light yogurt (low-fat or low-calorie), plain unsweetened with fruit and sweetener on the side.
- **Not recommended:** Full-fat, high-calorie.



Sample meals that meet the Guidelines

Prepare recipes with less sodium, and choose pre-made products with no or low-sodium content.

Breakfast

- **Low-fat breakfast burrito bar:** Whole wheat flour or corn tortillas (low-fat), scrambled eggs, sautéed onions and peppers, fresh tomatoes, homemade salsa. Serve with fresh fruit tray.
- **Oatmeal bar:** Oatmeal with cinnamon, skim milk, raisins, almonds. Serve with assorted seasonal fruits.
- **Frittata:** Mushroom and spinach frittata. Serve with whole grain English muffin with jam and unsalted butter or trans-fat free margarine on the side, fresh cantaloupe wedge with purple grapes.



Light Refreshments

- Fresh fruit skewers or tray with low-fat yogurt dip.
- Raw vegetables with hummus dip and low-fat ranch.
- Individually packaged servings of baby carrots.
- Light popcorn and unsalted nuts (include soy nuts).
- Low-fat granola bars and fresh fruit.
- Whole grain English muffins with peanut butter, low-fat cream cheese, or hummus. Serve with whole fresh fruit or vegetables.



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- Unsalted almonds with dried cranberries or raisins.

 - Fresh pear slices with mozzarella and Swiss cheese slices.

 - Trail mix made of dried fruit, roasted unsalted nuts, and seeds.

 - Parfait made with low-fat granola, low-fat yogurt, and fruit slices.

 - Quick bread (banana, pumpkin) in small slices. Serve with fruit spread, margarine (no trans-fats), hardboiled egg, or whole fresh fruit.

 - Fruit for dessert.

Healthy Lunch and Dinner Examples

The meals below meet the Healthy Nutrition Guidelines. Prepare recipes with less sodium, and choose pre-made products with no or low-sodium content.

Boxed lunch examples

- **Chicken taco salad:** Grilled skinless chicken breast, lettuce, tomato, bell pepper, onion, homemade salsa, smashed avocado, low-fat sour cream. Serve with baked tortilla chips, fresh fruit, small cookie.
- **Boxed salad:** Leaf lettuce, sliced tomato, hardboiled egg, fresh raspberries, kidney and garbanzo beans, chopped spinach, diced red onion, shredded carrots, sliced mushrooms, roasted beets, and sliced cucumber with low-fat dressing on the side. Serve with fresh fruit, whole grain roll, and unsalted almonds and sunflower seeds.

- **Grilled or roasted chicken sandwich:**
Whole wheat or rye bread, lean roasted or grilled chicken breast, lettuce, tomato, avocado slices, mustard and low-fat mayonnaise on the side. Serve with baby carrots and fresh fruit.

- **(Vegetarian) Roasted vegetable and mozzarella wrap box lunch:** Marinated, roasted and chilled eggplant, red and yellow peppers, red onion, zucchini with part skim mozzarella cheese in a whole wheat wrap. Serve with unsalted nuts, cookie, whole fruit.

- **(Vegetarian) Hummus and pita lunch:** Garbanzo bean spread, mozzarella cheese, tomato, onions, smashed avocado, lettuce on whole wheat pita bread. Serve with small salad, light salad dressing, whole fruit, small cookie.

- **(Vegetarian and Vegan) Roasted vegetable wrap box lunch:** Marinated and roasted eggplant, red and yellow pepper, red onion, zucchini in a whole wheat wrap. Serve with unsalted nuts, dark chocolate square, whole fruit.

Buffet lunch and dinner examples

- **Deconstructed burrito bar:** Grilled skinless chicken or lean pulled pork with vegetarian black beans, sautéed onions and peppers, steamed corn, low-fat cheddar cheese, brown rice, homemade salsa, smashed avocado, tomatoes, leaf lettuce. Serve with side salad with low-fat dressing, sorbet with berries.

- **Meat and potatoes buffet:** Baked or grilled fish, skinless chicken, beef, or pork (3-5 oz. portion) with choice of oven-baked herbed potatoes or herbed wild rice, steamed mixed vegetables. Serve with green salad with low-fat dressing on the side, baked apples with vanilla low-fat frozen yogurt.
- **Pasta bar:** Whole wheat pasta with marinara sauce, sautéed vegetables, grilled skinless chicken. Serve with spinach salad with dried cranberries and chickpeas, low-fat dressing on the side, angel food cake with berries.
- **Potato bar:** Baked potatoes with low-fat sour cream, broccoli, low-fat cheddar cheese, green onions. Serve with choice of turkey chili or vegetarian chili, green salad with low-fat dressing on the side, low-fat fruit crisp.

- **Soup and salad buffet:** Leaf lettuce, tomatoes, mushrooms, roasted beets, unsalted nuts and seeds, sliced red onions, baby spinach, garbanzo beans, hardboiled egg slices, fresh fruit. Serve with soups made with broth or skim milk (not cream) and low-fat yogurt parfait.
- **Stir-fry:** Choice of skinless chicken breast or tofu with stir-fried vegetables, steamed brown rice, cabbage salad with low-fat dressing. Serve with fresh fruit, fortune cookie.

Plated lunch and dinner examples

- **Baked salmon fillet:** Fillet of salmon with lemon dill sauce. Serve with baby green salad with choice of low-fat dressings on table, smashed red potatoes, steamed vegetables, and low-fat chocolate pudding with berries.

- **Red beans and rice:** Spiced red beans and brown rice with smashed avocado, sautéed seasonal vegetables. Serve with seasonal fruit and citrus sorbet.

- **Pineapple chicken:** Skinless chicken breast (3-5 oz. portion) in pineapple, garlic, celery seed, and tarragon marinade, whole grain pasta with sautéed vegetables, garden salad with oil-and-vinegar dressing. Serve with sorbet and fresh seasonal fruit.

- **(Vegetarian and vegan) Portobello mushroom entrée:** Marinated and grilled Portobello mushroom filled with polenta, grilled vegetables, and fresh herbs. Serve with roasted mushroom tomato ragout, fresh fruit.

- **(Vegetarian and vegan) Grilled tempeh and pasta entrée:** Grilled fermented soy bean cake with sautéed zucchini and vegetables in a light tomato sauce served over pasta. Serve with fresh fruit.



Additional resources for implementing the Healthy Nutrition Guidelines

For Vending

Center for Science and Public Interest's [Financial Implications of Healthy Vending](#) – This resource highlights examples of places that have successfully increased healthier vending choices.

[Childhood Obesity Coalition Healthy \(COPC\) Vending Resources](#) – This resource includes success stories in Washington State, best practices for implementing healthy vending, and other implementation tools.



[COPC Healthy Vending Product List](#) – The Healthy Nutrition Guidelines for Vending Machines are based on and very similar to the [King County Healthy Vending Guidelines](#). This list is for products that meet the King County Guidelines, but is also applicable to the Healthy Nutrition Guidelines.

[King County Healthy Vending Toolkit](#) – This very comprehensive toolkit walks you through the steps of implementing healthy vending in your workplace. Page 12 has a list of resources that may provide you with additional guidance as you implement your healthy vending program.

For all Guideline Areas

The Center for Disease Control and Prevention's (CDC) [Improving the Food Environment Through Nutrition Standards: A Guide for Government Procurement](#).



The Center for Science and Public Interest's (CSPI) [Reasons to Offer Healthier Options at Public Facilities](#) Fact Sheet.

CSPI's [Tips for Successfully Implementing Healthy Food Guidelines](#) Fact Sheet.

Healthy and Human Services General Services Administration's [Health and Sustainability Guidelines for Federal Concessions and Vending Operations](#).

United States Department of Agriculture's [Dietary Guidelines for Americans, 2010](#).

Additional resources can be found on [CSPI's Healthier Food Choices for Public Places](#) page.