

Healthy Dining Menu Guidelines



Do you have a cafeteria at your worksite? How about a kiosk? What kinds of foods are served? Ask your onsite food service team to follow a healthier menu standard. Use this tool to get more healthy foods to your workers. This tool provides a set of healthy standards that can be used by the food service team.

STEPS TO SUCCESS

1. Work with your Wellness Committee. Discuss whether or not this tool is a good fit for your site.
 2. Work with your onsite food service team. Provide them with the criteria for *Healthy Dining*. You will find them on the next page.
 3. Let employees know about healthy dining changes. Promote the new healthy options.
 4. Evaluate your program often. Make changes as needed.
- Get feedback from employees on what worked or didn't work.
 - Change options if necessary.
 - Continue to identify new healthy ideas for the vendors.
 - Consider contracting with local farmers or using a Farm-to-Fork system to purchase locally-grown fruits and vegetables.

TOOL TIPS

What can the Wellness Committee do? They can help to make the transition easier for your vendor.

- Ask employees what kinds of healthy foods and beverages they would buy.
- Survey employees about their healthy food and beverage preferences.
- Share the information with your vendor. Suggest a trial period.
- Make signs to promote the healthy choices. Mark foods with stickers to help make the healthy options stand out.
- Suggest that salad, fruit, and water or another healthy beverage, are the default choices in combo meals.

FARM-TO-FORK:

Farm-to-Fork programs celebrate regional farming and support farms in getting produce to local consumers. There are a number of ways to encourage Farm-to-Fork programs, including establishing local distribution systems and supporting those who want to buy locally. For more information, visit the *Harvest of the Month* website at www.HarvestOfTheMonth.com.

Tips for Creating a Healthy Dining Menu

Use these tips when you plan events with food and beverages. Share these tips with your food service team.

- Serve healthy beverages. Provide water, or fat-free or lowfat (1%) milk. Choose unsweetened tea or other drinks without added sugars. Serve 100% fruit juice in 6 – 8 ounce size.



- Provide whole wheat bread for sandwiches.
- Offer a salad or soup packed with veggies before serving the main meal. This can help employees control hunger and feel satisfied sooner.
- Serve salad dressing on the side. Then diners can limit the amount they use.
- Offer main dishes that include vegetables. Try stir-fries, kebobs, or vegetable soup.
- Serve steamed, grilled, roasted, or broiled dishes. Eliminate those that are fried.
- Offer small and medium portions on main dishes and sides.
- Offer items from a menu instead of the “all-you-can-eat” buffet.
- Provide to-go containers for diners wishing to save a portion of their meal for later.
- Offer fruit as a dessert option.
- Provide snacks that diners can take with them. Try prepackaged fresh fruit, cut-up vegetables, lowfat string cheese sticks, or unsalted nuts.

GO FURTHER

- Work with management to create policies that address healthy dining options.
- Offer healthy menu items at a discount. If needed, offset by raising the prices of less healthy options.
- Invite your food service provider to talk about the healthy changes, or do a food demo, in a staff meeting.
- Are there restaurants near your worksite? Look over their menus and highlight healthy items. Ask the restaurant for discounts for your employees on these dishes in exchange for promoting them within your site.
- Show the families of your employees that their health is important to you. Does your site have company picnics? Use the *Tips for Creating a Healthy Dining Menu*, on the previous page, when choosing what you’ll serve. Provide opportunities for physical activity. Hold a kickball game. Try relay races or water fights.

FOR MORE INFORMATION:

Visit our website at www.cdph.ca.gov/programs/cpns/Pages/WorksiteProgram.aspx for:

- sample policies.
- printable handouts.
- more information.

Criteria for “Healthy Dining”



As the food service team you have the opportunity to offer a healthier menu to the employees you serve. The following criteria are a resource tool to help with planning healthy menu choices and using healthy recipes. Work together with the wellness committee to offer healthier foods and beverages in the cafeteria, at meetings, and events.

1. Each serving of food must contain at least one* serving of fruit or vegetable per portion of the recipe. Baked goods are allowed, provided one serving contains a full serving of a fruit, vegetable, or dried beans/peas, and meets the fat, saturated fat, cholesterol, and sodium criteria, as specified below.
 2. Each serving of food should limit the amounts of fat and cholesterol:
 - total fat is $\leq 30\%$ of total calories.
 - saturated fat is $< 10\%$ of calories.
 - trans fat is < 0.5 g per serving.
 - the fat found naturally in fruits and vegetables does not contribute to the limits above. Further, up to $\frac{1}{4}$ oz. of nuts is allowed per serving without their fat content contributing to these restrictions. Nuts and nut butters must be in their natural form without anything added or removed (e.g., no added oils, removed oils, added sodium, or added sugars).
 - cholesterol is not more than 100 mg per serving.
 3. Each serving of food should not contain more than 480 mg of sodium per serving.
 4. Each serving of food must offer ≥ 1.4 g/100 calories naturally occurring fiber (28 g of fiber/2000 calories).
- * One serving of fruit or vegetable is defined as:
- one medium piece of fruit (i.e., 1 medium orange).
 - $\frac{1}{2}$ cup cut-up raw or cooked—fresh, frozen, or canned (i.e., 6 baby carrots, 16 grapes).
 - $\frac{1}{2}$ cup cooked dry peas, beans, lentils, or kidney beans.
 - 1 cup leafy salad greens.
 - $\frac{1}{4}$ cup dried fruit (i.e., $\frac{1}{4}$ cup raisins).
 - 4 oz. ($\frac{1}{2}$ cup) 100% fruit or vegetable juice
5. Serve healthy beverages. Provide water at no charge, or fat-free or lowfat (1%) unflavored milk. Serve unsweetened tea or other drinks without added sugars. Serve 100% fruit juice in 6 – 8 ounce size.

ATTRIBUTES

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