

# Criteria for “Healthy Dining”



**A**s 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  $\geq 1.4$  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

Produce for Better Health Foundation:  
[www.pbhfoundation.org](http://www.pbhfoundation.org)

