

# Sample Standards

Many public and private organizations have created healthy food and beverage policies and procurement standards to support facilities in their efforts to provide healthy choices. Clear definitions of important terms (such as what constitutes a “healthy beverage” or “healthy entrée”) and specific nutritional standards are keystones to any policy. Below are several examples of healthy food and beverage guidelines that could be adapted to fit an organization’s needs and goals.

## American Heart Association’s Sample Healthy Food and Beverage Pledge

\_\_\_\_\_ values the health of our employees and guests, and we want to create a culture of health and well-being. We commit that our organization will:

- Make healthy changes to vending machines, cafeterias, meetings, events and other sources of food and beverages.
- Identify and use vendors who provide healthier food and beverage choices in planning activities and events.
- Provide leadership support and modeling for our health food and beverage efforts.
- Educate employees and guests about healthy eating and promote healthier choices.
- Provide more fruits and vegetables.
- Provide more whole grains.
- Provide reasonable portion sizes. (The recommended portion of any food or beverage depends on whether it’s calorie-packed or not).
- Provide water and unsweetened tea and coffee to reduce sugary beverage consumption.
- Reduce sodium, added sugars and saturated fats in our food and beverages.



\_\_\_\_\_  
Signature(s)

\_\_\_\_\_  
Printed Name(s)

\_\_\_\_\_  
Title(s)

\_\_\_\_\_  
Date

## American Heart Association’s Guidelines for Health Beverages

- Ensure that fresh cool drinking water is available at no cost.
- Garnish pitchers of water with citrus or cucumber slices or provide citrus wedges in a bowl to make water a more attractive and appealing option.
- Offer sparkling water.
- Offer unsweetened coffee and tea, including decaffeinated options.
- Provide fat-free (skim) or low-fat (1%) milk or unsweetened milk alternatives for cold cereal and as a beverage as well as nondairy creamer alternatives (soy or oat milk) instead of half and half or whole milk for coffee and tea.
- Offer 100% fruit juices, especially those that provide more beneficial nutrients, such as orange and grapefruit in small glasses.
- Provide a selection of teas, including herbal and decaf.
- Limit sugary beverage options.

## Be Sugar Smart: Limiting Added Sugars Can Improve Health



Water has zero calories. Replacing sugary drinks with unsweetened water can help reduce the amount of added sugars people drink.



### Offer healthier drink options

Unsweetened coffee or teas, sparkling water, seltzers and sugar-free flavored waters.



Low-fat milk and fortified soy beverages with no added sugars.



100% fruit or vegetable juices.



**A Guide to Smart Snacks in the Hospital**

To qualify as a Smart Snack, a snack or entree must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, vegetable, a dairy food or a protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable (for example, 1/4 cup of raisins with enriched pretzels; and
- The food must meet the nutrient standards for calories, sodium, fats and total sugars.

Nutrient	Snack	Entree
Calories	200 calorie or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Total Sugars	35% by weight or less	35% by weight or less



**Want more great health information?**

**[Download Tips for Offering Healthier Options and Physical Activity at Workplace Meetings and Events.](#) Presented by the National Center for Chronic Disease Prevention and Health Promotion.**



The Kansas Hospital Association and Healthworks have created a series of resources designed to inform and support efforts to promote healthy food and beverage environments in Kansas hospitals. The Public Health Law Center assisted in creating this document. These resources are funded in part by the Kansas Health Foundation. For more information, visit [www.HealthyKansasHospitals.org](http://www.HealthyKansasHospitals.org).