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# Nutrition

## Overview

Americans in the 21st century are on fast-forward in nearly every aspect of their lives. From work to school to the dinner table, families are finding little free time to focus on their health. With fast food restaurants on every corner and vending machines stocked with junk foods, busy consumers opt for convenience over nutrition all too often.

This nutrition section offers communities simple ways to give citizens healthier food choices. From vending machine options to breastfeeding-friendly facilities, cities and towns can impact residents' overall health.

## Policy

- Policy requiring healthy food and beverage choices in city / town and county-owned / managed facilities and at city / town-sponsored functions
- Policy for the development and management of community or neighborhood gardens
- Policy for the development and management of farmers markets
- Policy or action plan to create a breastfeeding-friendly workplace for city / town employees and clientele visitors

## Infrastructure

- Municipal facilities (including recreational facilities) have healthy food options
- Municipal facilities (including recreational facilities) are free of advertising for unhealthy food items
- Grocers actively promote sales of fruits and vegetables through creative pricing and marketing
- Restaurant and grocery stores have systems in place to donate fresh fruit and vegetables to local food banks
- Support the use of locally grown produce in grocery stores, restaurants, schools, and worksites
- Increase the availability of fruits and vegetable through community-based gardening and farmers markets
- Sponsor a community initiative to increase fruit and vegetable access or consumption

- Restaurants offer healthy menu choices with appropriately-sized portions and general nutritional information available at point-of-purchase
- Municipal offices have worksite breastfeeding policies that are communicated to all staff
- Ensure the availability of breastfeeding friendly environments in public places

## Outcomes

- Increase in number of healthy food and beverage choices available at city / town and county-owned / managed facilities
- Increase in number of residents using community gardens
- Increase in number of residents using farmers markets
- Increased availability of healthy options in neighborhood food stores and food banks

## Potential Activities

### Nutrition Events:

- Educational inserts in community newsletters, utility bills or newspapers
- Community Garden events
- Farmers Markets
- Movie theatre ads for nutritious choices
- Healthful community recipe books
- Nutrition labels posted at restaurants or in menus

## Nutrition Contacts

District	Agency	Contact Name	Phone	E-Mail Address
State	Utah Nutrition Council	Phyllis Crowley	(801)538-6823	pcrowley@utah.gov
State	Utah Fruits & Veggies- More Matters® Association	Patrice Isabella	(801) 538-6269	pisabella@utah.gov
State	USU Extension	Nedra Christensen	(801) 484-9374	nedrac@ext.usu.edu
State	Utah Breastfeeding Coalition	Patrice Isabella	1-877-632-7975	contact@utahbreastfeeding.org
State	Utah WIC Program	Phyllis Crowley	(801) 538-6823	pcrowley@utah.gov
State	Check Your Health	Marie Nagata	(888) 222-2542	cyhealth@utah.gov
	American Heart Association	Casey Hill	(801) 484-3838	casey.hill@heart.org
	American Cancer Society		1-800-ACS2345	cancer.org

## Nutrition Web Resources

Name of Web Site	Web Site Address
Fruits & Veggies-More Matters®	<a href="http://www.fruitsandveggiesmorematters.org">www.fruitsandveggiesmorematters.org</a> <a href="http://www.fruitsandveggiesmatter.gov">www.fruitsandveggiesmatter.gov</a>
American Dietetic Association	<a href="http://www.eatright.org/public">www.eatright.org/public</a>
Centers for Disease Control and Prevention	<a href="http://www.cdc.gov/nccdphp/dnpa/nutrition">www.cdc.gov/nccdphp/dnpa/nutrition</a>
Center for Nutrition Policy and Promotion	<a href="http://www.usda.gov/cnpp">www.usda.gov/cnpp</a>
Federal Nutrition and Health Information	<a href="http://www.nutrition.gov">www.nutrition.gov</a>
Healthy People 2010	<a href="http://www.healthypeople.gov">www.healthypeople.gov</a>
Utah Dietetic Association	<a href="http://www.eatrightutah.org">www.eatrightutah.org</a>
Utah Breastfeeding Coalition	<a href="http://www.utahbreastfeeding.org">www.utahbreastfeeding.org</a>
Check Your Health	<a href="http://www.checkyourhealth.org">www.checkyourhealth.org</a>

## Farmers Markets

Direct marketing of farm products through farmers markets continues to be an important sales outlet for agricultural producers nationwide, particularly the small farm operators. Farmers markets, now an integral part in the urban/farm linkage, have continued to rise in popularity, mostly due to growing consumer interest in obtaining fresh products directly from the farm. Farmers markets also help to promote nutrition education, wholesome eating habits, and better food preparation, as well as boosting the community's economy.

The number of farmers markets in the United States has grown dramatically, increasing 150 percent from 1994 to 2006. According to the 2006 National Farmers Market Directory, there are over 4,300 farmers markets operating in the United States. This growth clearly indicates that farmers

markets are meeting the needs of a growing number of farmers with small- to medium-size operations, while increasing access, particularly in urban communities, to fresh, nutritious foods. Statistically:

- Farmers markets are an important source of revenue. 19,000 farmers reported selling their produce only at farmers markets.
- 82 percent of markets are self-sustaining; market income is sufficient to pay for all costs associated with the operation of the market (not including grant or in-kind support).
- 58 percent of markets participate in WIC coupon, food stamps, local and/or state nutrition programs.
- 25 percent of markets participate in gleaning programs aiding food recovery organizations in the distribution of food and food products to needy families.

## Farmers Markets

Farmers Market/Location	Days/Hours of Operation	E-Mail Address
Bountiful, 100 E. 100 South	Thursdays, 4 p.m. to dusk	
Logan, Cache Valley Gardeners Market, 100 S. 200 East	Saturdays, 8 a.m.-1 p.m., until October	
Heber Valley, City Park, 300 Main Street	Thursdays, 4-9 p.m., concert at 6:30 p.m.	
Kanab, 78 S. 100 East	Saturdays, 9-11 a.m.	
Kaysville, Utah Botanical Center, 925 S. 50 West	Thursdays, 5-8 p.m., until Sept. 13	
Lehi, Thanksgiving Point, 3003 N. Thanksgiving Way, Lehi	Fridays, 3-7 p.m., Aug. 3-Oct. 5	<a href="http://www.thanksgivingpoint.com">www.thanksgivingpoint.com</a>
Moab, Swanny City Park, 100 W. Park Drive	Saturdays, 8 a.m.-noon, until October	
Murray, City park, 200 E. 5200 South	Fridays and Saturdays, 9 a.m.-late afternoon	
Ogden, Municipal Park, 25th Street and Grant Ave.	Saturdays, 8 a.m.-1 p.m.	
Park City, The Cabriole parking lot at The Canyons Resort	Wednesdays, 2-7 p.m.	<a href="http://www.parkcityfarmersmarket.com">www.parkcityfarmersmarket.com</a>
Park City Silly Sundays, Main St. between Heber Avenue & 9th St.	Sundays, 9 a.m.-3 p.m.	<a href="http://www.parksillysundaymarket.com">www.parksillysundaymarket.com</a>
Provo, 100 S. 500 West	Saturdays, 9 a.m.-2 p.m.	
People's Market, Jordan Park's Int'l Peace Gardens, 1060 So. 900 W.	Sundays, 10 a.m.-3 p.m.	<a href="http://www.slcpoplemarket.org">www.slcpoplemarket.org</a>
Salt Lake City, Pioneer Park, 379 South 300 West	Saturdays, 8 a.m.-1 p.m.	<a href="http://www.downtownslc.org">www.downtownslc.org</a>
Sandy, South Towne Mall, 10400 S. State	Fridays and Saturdays, starts at 9 a.m.	
South Salt Lake, Pioneer Craft House, 3300 S. 500 East	First Tuesday of the month, 4-7:30 p.m.	
Spanish Fork, City Park, 40 S. Main	Saturdays, 8 a.m.-1 p.m., during August	
Springdale, Zion Canyon Farmers Market,		
Bit & Spur Restaurant, 1212 Zion Park Blvd	8:30-11 a.m., through October	<a href="mailto:zcfm@earthlink.net">zcfm@earthlink.net</a>
Syracuse, 1891 W. 1700 South	Saturdays, 9 a.m.-noon	
Tooele, Veterans Memorial Park, corner of Main and Vine Streets	Fridays, 4 p.m.-dusk	

## Farmers Markets Web Site

Name of Web Site	Web Site Address
Utah Farmers Markets	<a href="http://www.ams.usda.gov/farmersmarkets/states/utah.htm">www.ams.usda.gov/farmersmarkets/states/utah.htm</a>

## Community Gardens

Community gardening benefits a community in a number of ways. It stimulates social interaction, beautifies neighborhoods, encourages self-reliance, provides nutritious food, cuts family budgets, and creates recreational opportunities, provides exercise, therapy, and fun.

Community gardens can be built and maintained by groups of neighbors, members

of agencies, faith-based groups or schools. Gardens are planted anywhere there is available space, from abandoned vacant lots to unused grassy patches to old railroad beds to apartment building greenspace. Sometimes the gardeners themselves use the vegetables harvested in community gardens. Some may be donated to local food banks.

## Community Gardens Contacts

Agency	Contact
Utah G.A.R.D.E.N.S. Inc	(801) 266-3310
Utah State University	<a href="http://extension.usu.edu">http://extension.usu.edu</a>
Wasatch Community Gardens	<a href="http://www.wasatchgardens.org">www.wasatchgardens.org</a>

## Community Gardens Web Resources

Name of Web Site	Web Site Address
American Community Gardening Assoc.	<a href="http://www.communitygarden.org">www.communitygarden.org</a>
City Farmer	<a href="http://www.cityfarmer.org">www.cityfarmer.org</a>
Food Share	<a href="http://www.foodshare.net">www.foodshare.net</a>
Garden Web	<a href="http://www.gardenweb.com">www.gardenweb.com</a>
Open-pollinated and Heirloom Seeds	<a href="http://www.victoryseeds.com">www.victoryseeds.com</a>

## Vending Machines

*A Step-by-Step Guide to Incorporating Healthy Foods into Your New or Existing Vending Machine*

### Vending Machine

This is designed to help you incorporate healthy food choices into vending machines via the incorporation of a new “healthy” vending machine, or the incorporation of healthy snacks into existing vending machines. If you want to work with existing machines, you may be limited to unrefrigerated snacks.

Foods with a minimum 10% daily value for vitamins A and C, calcium, iron, protein and fiber are considered healthy choices. Examples include:

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• low-fat milk</li><li>• V8 vegetable juice</li><li>• 100% fruit juices</li><li>• low-fat yogurt</li><li>• bagels with cream cheese</li><li>• string cheese</li><li>• pudding</li><li>• soy milk</li><li>• fruit snacks</li><li>• trail mix</li><li>• water</li></ul> | <ul style="list-style-type: none"><li>• peanuts</li><li>• sunflower seeds</li><li>• baked chips</li><li>• granola bars</li><li>• tuna with crackers</li><li>• fresh or dried fruit</li><li>• breakfast bars</li><li>• pretzel</li><li>• applesauce</li><li>• cereal</li><li>• low-fat beef jerky</li></ul> |
|---|--|

Candy bars, candy, fried chips (i.e. regular Doritos, Lays, etc.), and most cookies do not meet the criteria.

### Healthy Alternate Food and Beverage Ideas for Community Functions

- Encourage coaches to offer healthy choices for after-game snacks. Prepare a list of healthy snack ideas for volunteer coaches and include in coaches’ information packets at the beginning of the season. Encourage fresh fruits and 100% juice, rather than candy and sodas.
- Install “Healthy Vending Machines” at recreation centers, schools and other government buildings
- Have a concession booth at community events that offers healthy alternatives to typical fair/carnival foods.

- If refreshments are offered at meetings, make them healthy.
- Offer healthy snacks and lunches at youth summer camps.

### Purchasing the Food: Food Catalogs, Wholesale Warehouses

Food catalogs are typically where agencies, especially foodservice, buy food. Examples of food catalogs are Nicholas, Sysco, and VSA (Vending Service of America). These catalogs are great as long as you can get the healthy snacks you want. This may be a bit of a treasure hunt unfortunately. Talking to your representative will definitely help, however, choices may be limited. If you have the ability to shop at a wholesale warehouse such as Costco or Sam’s Club, then you will have a very large variety and usually pay the same price or less. Buying at a wholesale warehouse also enables you to find new products more easily since the labels are readily available to make sure the new snack meets the healthy criteria. If you have a contracted vendor, communicating with them on your needs can help make your job easier since they will often do the searching for you.

### Purchasing a “Healthy” Vending Machine

You may decide you’d like a new vending machine with both refrigerated and non-refrigerated compartments in order to increase variety and to be able to offer dairy products and cold 100% juices. If this is the case, you will want to contact the following business:

- Vina Distributing  
351 West 400 South, Salt Lake City  
www.vina1.com, (801) 364-6171
- Fun Vending  
Contact: Steve Grogan  
(801) 363-8368

Rentals may be an option. Look for a vending machine has both refrigerated and non-refrigerated compartments, and can fit almost any size snack.

## Breastfeeding

Breastfeeding support in the workplace and community can positively impact the health of the community. Specific workplace benefits include: reduced sick/personal time due to illness of worker's child(ren), lower healthcare costs, improved employee satisfaction, increased retention and improved corporate image. Women have the right to exclusively breastfeed their infants and children. A supportive environment can have a positive influence on any breastfeeding mother as she decides if and when to return to work.

### Create A Supportive Workplace Environment

- Allow breaks, flexible work hours, and part-time work or job sharing so that women can pump their milk or breastfeed their infants.
- Provide breastfeeding mother with a private area that is clean and comfortable so that they can express their milk during work hours or while in a community facility. Visible signage also needs to be provided to advertise this service.
- Rent or purchase an electric breastpump to shorten the time employees need to express their breastmilk.
- Provide a maternity-leave policy that enables mothers to establish a breastfeeding friendly routine and milk supply before returning to work.

- Develop/coordinate with on-site or near-site child-care programs so that infants can be breastfed during the day.
- Write a policy stating the employer or community's support of a woman's choice to breastfeed and the worksite accommodations available to her. The policy is part of the employer's written policy on parenting and or maternity benefits. All pregnant employees are informed of this policy as early in their pregnancy as possible.

**Sample Breastfeeding Support Policy**

Company or Community X recognizes a mother's responsibility to both her job and her child when she returns to work. We also recognize that because of the many health benefits associated with breastfeeding, more women are continuing to breastfeed their infants upon resumption of their employment. At Company or Community X we encourage this decision and are committed to providing support services, which enable our employees to maintain the breastfeeding relationship and a healthy child. In keeping with this philosophy, we will provide, at no cost to the employee, the following services:

1. As part of new employee orientation, information will be provided about the worksite programs available to women who wish to continue to breastfeed upon return to the workplace.
2. Beginning and ending work time will be adjusted to accommodate a 20- to 30-minute morning and afternoon break to enable breastfeeding employees to express their milk.
3. A private area for breastfeeding employees wishing to express their breastmilk during the day. The area will contain a comfortable chair, and a sink and facility for cold storage of breastmilk.

## Create Breastfeeding Friendly Community Environments

Breastfeeding-friendly communities institute an ongoing program to maintain a breastfeeding friendly environment. Suggested components of this plan are listed below.

- Recognize and educate public entities regarding a woman’s legal right to breastfeed in public
- A woman's breast feeding, including breast feeding in any place where the woman otherwise may rightfully be, does not under any circumstance constitute an lewd or indecent act, irrespective of whether or not the breast is covered during or incidental to feeding.

Reference: [www.lalecheleague.org/Law/Bills37.html](http://www.lalecheleague.org/Law/Bills37.html)

- Accommodate breastfeeding in public places.
- Use appropriate signage to designate breastfeeding friendly facilities

Mothering's Breastfeeding Symbol can be used to increase public awareness of breastfeeding, to designate baby friendly areas in public, and to mark



breastfeeding friendly facilities. The purpose of the symbol is not to segregate breastfeeding, but to help integrate it into society by better accommodating it in public.

For example, sometimes there are no chairs in public, sometimes nowhere to change the baby, or for the mother separated from her baby, nowhere to plug in an electric breast pump. Mothers welcome quiet, private places in public where they can collect themselves and their children. The symbol could designate these kinds of places.

- Have local chapters of the Utah Breastfeeding Coalition and La Leche League.
- Identify and disseminate information on existing breastfeeding support groups and resources such as La Leche League and local lactation consultants. Information can be posted in local places where breastfeeding women would see them
- Promote multi-faceted media campaigns supportive of breastfeeding, particularly in conjunction with World Breastfeeding Week (August 1-7).

Breastfeeding Contacts/Coalitions		
District	Agency	Phone
State	La Leche League of Utah	(801) 264-LOVE
State	Utah Breastfeeding Coalition	(877) 632-7975
State	Intermountain Healthcare Lactation Warmline	(801) 714-3349
Utah	Utah County Breastfeeding Warmline	(801) 851-7312

Breastfeeding Web Sites	
Name of Web Site	Web Site Address
Academy of Breastfeeding Medicine	<a href="http://www.bfmed.org">www.bfmed.org</a>
La Leche League	<a href="http://www.lalecheleague.org">www.lalecheleague.org</a>
U.S. Office on Women’s Health	<a href="http://www.4woman.gov/breastfeeding">www.4woman.gov/breastfeeding</a>
Women, Infants and Children (WIC)	<a href="http://www.health.utah.gov/wic">www.health.utah.gov/wic</a>
Utah Breastfeeding Coalition	<a href="http://www.utahbreastfeeding.org">www.utahbreastfeeding.org</a>

# ► BHP Healthy Food Policy 3

Utah Department of Health  
Bureau of Health Promotion  
Healthy Food Policy  
April 9, 2007

## Justification

The mission of the Bureau of Health Promotion (BHP) is “Fostering a culture of health in Utah.” BHP is dedicated to providing a work environment that supports employee and workplace health. We will provide our employees, partners, and customers with healthy food choices that support their efforts to feel well, be healthy, and prevent disease.

- We WILL make the healthy choice the easy choice at work!
- We WILL set the example that healthy food is tasty, sweet, fun, and exciting!
- We WILL set the example that providing healthy meals is easy and cost effective!

## Healthy Food Policy

1. When department funds are used to purchase food offered at Bureau sponsored or contracted meetings or functions, all food and beverages will meet the Healthy Food Policy Guidelines.
2. The Healthy Food Policy applies regardless if BHP staff, a conference planner, or a sponsored partner is planning and ordering the food and beverages.
3. A completed copy of the Healthy Food Policy Checklist must be attached to all food purchase requests. The Checklist must be signed by the Office Technician, Program Manager, and Bureau Director before purchase requests are considered approved.

The accompanying document Healthy Food Policy Guidelines defines what the BHP considers to be healthy food options. It offers food suggestions and tips on planning healthy eating for work events.

The accompanying document Caterer Quick Reference Guide contains lists of vendors and their healthy food options.

## Policy Support and Assistance

To help the BHP understand and comply with the Healthy Food Policy, the following responsibilities apply:

### Office Technicians and Program Managers

1. The Program Office Technicians (OTs) must approve the menu before it is ordered or confirmed with caterer/event planner.
2. The Program OT must approve and sign the Healthy Food Policy Checklist before it goes to the Program Manager and BHP Director for signature.
  - The Program Manager will support their OT and empower them to enforce this policy.
3. The OT, Program Manager, and BHP Director must approve the menu and sign the Healthy Food Policy Checklist before the food memo/PO will be signed and approved.
4. If necessary, the OT will write a food memo requesting an exception to the per diem price.

### Event Planners

5. Programs which write event-planning contracts will:
  - include language in the RFP and contract requiring the Healthy Food Policy be followed, and
  - require that all menus be confirmed by the Program before finalizing.

### Sponsored Partners

6. Programs which provide funding for co-sponsored conferences and meetings will:
  - work with program sponsors to use the Healthy Food Policy, and
  - ask that all menus be confirmed by the Program before finalizing.

### Healthy Utah

7. Healthy Utah will educate and train BHP OTs and other applicable program staff on:
  - Determining healthy food options.
  - Following the Healthy Food Policy.
  - Using the Healthy Food Policy Guidelines and Caterer Quick Reference Guide.
  - Filling out the Healthy Food Policy Checklist.

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## BHP Nutrition Policy

This training will be available for the OTs as requested on group and individual levels.

8. Healthy Utah will update the Caterer Quick Reference Guide at least once per year.
9. Healthy Utah will maintain copies of approved checklists and monitor them for discrepancies to determine needed training.

Utah Department of Health  
Bureau of Health Promotion  
Healthy Food Policy  
GUIDELINES  
April 9, 2007

Healthy Food Policy Guidelines (Per Serving)  
All food and beverage items will:

1. Have 30% or less of its total calories from fat; and have 10% or less of its total calories from saturated and trans fats combined.
2. Have 35% or less of its weight from sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients.
3. Have no more than 700 mg of sodium.
4. Have at least 3-5 grams of fiber.

Fruits, vegetables, and legumes meet all of the Healthy Food Policy Guidelines.

To meet the Healthy Food Guidelines, all food and beverages will:

#### Guideline #1 (Fat Guidelines)

- Use low or non fat dairy products.
- Use “Healthy” Oils - Olive, Canola, Flax.
- Be prepared with reduced-fat or fat-free mayonnaise.
- Be prepared without frying.
- Use low-fat or fat-free cheese.
- Use lean meats.
- Use vegetarian or whole beans.

#### Guideline #2 (Sugar Guideline)

- Not have sugar or high-fructose corn syrup as one of the top 3 ingredients.

#### Guideline #3 (Sodium Guideline)

- Not have salt or sodium as one of the top 5 ingredients.

#### Guideline #4 (Fiber Guideline)

- Use/Contain whole grains - whole wheat/grain bread, pasta, brown rice, etc.
- Use vegetarian or whole beans.

#### Substitution Requests

It may not always be possible to know the exact nutritional content of menu items.

When the following substitutions are requested from and made available by food providers and caterers, it is likely that the menu item will meet the Healthy Food Policy Guidelines.

#### Guideline #1

To ensure that foods served have 30% or less of total calories from fat and less than 10% of total calories from saturated fat the following substitutions will be requested of the caterer as appropriate for the menu items:

#### Salad Dressing Substitutes

- Low-calorie oil-based (not creamy) dressings
- Homemade dressing made with olive or canola oil, water, and vinegar or lemon juice

#### Cheese Substitutes

- Omit the cheese entirely
- Low-fat, skim-milk, or fat-free cheese

#### Ricotta Cheese Substitutes

- Low-fat or fat-free cottage cheese
- Nonfat or low-fat ricotta cheese

#### Ground Beef Substitutes

- Extra lean ground beef
- Ask for leaner cuts of beef including “loin” or “round”
- Lean ground turkey breast or chicken breast

#### Bacon Substitutes

- Canadian bacon
- Lean ham

#### Sausage substitutes

- Lean ground turkey breast
- 95-percent fat-free sausage

#### Whole Egg Substitutes

- Two egg whites
- 1/4 cup cholesterol-free liquid egg product
- 1 egg white plus 2 teaspoons oil

#### Mayonnaise and Salad Dressing Substitutes

- Omit entirely
- Low-fat or fat-free mayonnaise
- Whipped salad dressing

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## Mayonnaise and Salad Dressing Substitutes - continued...

- Plain low-fat yogurt combined with low-fat cottage cheese
- Mustard only

## Sour Cream Substitutes

- Plain low-fat yogurt
- 1/2 cup cottage cheese blended with 1-1/2 teaspoon lemon juice
- Fat-free sour cream

## Whipped Cream Substitutes

- Chilled, whipped evaporated skim milk
- Nondairy whipped topping made from polyunsaturated fat

## Cream Substitutes

- Skim or 1-percent milk as a beverage, in recipe, or as coffee creamer

## Cream Soup Substitutes

- Broth-based or skim milk-based soups

## Cream Cheese Substitutes

- Nonfat cream cheese
- All-fruit jam

## Butter, Lard, and Other Saturated Fat (coconut oil, palm oil) Substitutes

- Soft tub butter substitute - look for brand without “partially hydrogenated oil” (first ingredient on food label listed as liquid vegetable oil)
- Corn, cottonseed, olive, rapeseed (canola), safflower, sesame, soybean, flax, or sunflower oil

## Lower-Fat Snack Foods

- Baked chips or pretzels
- Unbuttered popcorn

## Guideline #2

To ensure that foods served have 35% or less of its weight from sugars, foods will contain no added sugars, and the following substitutions will be requested of the caterer as appropriate for the menu items:

## Fruit Juice

- Fruit juice portion sizes are 6-8 fluid ounces, serve in small cups, no large bottles.
- “Sugar” or “high fructose corn syrup” will not be listed as one of the first four ingredients on the nutrition facts label as available

## Lower-Sugar Snacks

- Offer fresh, frozen, or canned in water fruit.
- Offer fresh vegetable trays and low-sodium vegetable juice.
- If a packaged snack that has a nutrition facts label will be served; “sugar” or “high fructose corn syrup” will not be listed as one of the first four ingredients.

## Guideline #3

To ensure that foods served have no more than 700 milligrams of sodium, the following substitutions will be requested of the caterer as appropriate for the menu items:

## Low-Sodium Snacks

- Offer fresh, frozen, or canned in water fruit.
- Offer fresh vegetable trays and low-sodium vegetable juice.
- Packaged food items with nutrition facts labels will indicate less than 700 mg of sodium per serving (or package if entire package is for one individual).

## Guideline #4

To ensure that foods served have at least 3 grams of fiber per serving, the following substitutions will be requested of the caterer as appropriate for the menu items:

## Fruits and Vegetables

- Add fresh or dried fruits like chopped apples, raisins, prunes, kiwi, or orange sections to green leafy salads and breakfast cereals.
- Add chopped carrots, broccoli, or a mix of vegetables to soups, salads, meat loaf, and casseroles.
- Mix in extra vegetables for stir-fries or casseroles.

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## Beans and Peas

- Add canned beans to soups, stews, and salads.
- Bean dishes meet the fiber guideline; choose a bean dish like split pea soup, vegetarian chili with kidney beans, white bean chili, black beans over rice, black-eyed peas with garlic and red pepper, or three-bean salad made with green beans, chickpeas, and kidney beans for the main course and save meats for a side dish.

## Grains and Fiber

- Substitute whole-wheat flour for one-half or more of the white flour called for in a recipe.
- Add 1/4 cup bran or quick-cooking oatmeal to your meat loaf or casserole.
- Make muffins using oatmeal, bran, or whole-wheat flour.
- Whole wheat pasta in place of Enriched wheat pasta.

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Utah Department of Health  
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SUBSTITUTIONS  
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## Healthy Food Substitutions by Meal

### Beverages

- Water
- 100% fruit and vegetable juices, 6-8 oz. serving sizes
- Fat-free and light (1%) milk
- Coffee and tea
- Fat-free milk in addition to half and half or creamer for coffee and tea
- Fat free or low-fat fruit smoothies or frozen yogurt-based milkshakes

### Breakfast and Brunch

- Fruit
- High-fiber cereals like bran flakes, low-fat granola, oatmeal
- Whole wheat toast, bagels, English muffins, and muffins instead of doughnuts, fruit breads, Danishes, and pastries. Request that bagels to be cut in half or quarters and small or “mini” muffins.
- Fruit spreads and light cream cheese in addition to butter for toast and bagels
- Fat-free and light (1% milkfat) yogurt
- Fruit toppings (raisins, dried fruit mix, fresh strawberries, bananas, blueberries, peaches) for hot and cold cereals
- Avoid pancakes, waffles, and crepes
- Vegetables for omelet fillings or added to scrambled eggs
- Eggs made with egg substitute or without yolks
- Canadian bacon instead of high-fat meats like sausage or bacon
- Baked hash browns instead of fried hash browns

### Lunch and Dinner

- Whole grain breads instead of white bread for sandwiches (“wheat bread” is not the same as “whole-wheat or whole-grain” bread – make sure you request “whole”)
- Baked instead of regular chips
- Salad dressings on the side, including light versions
- Broth or vegetable-based soups instead of

cream/cheese-based soups

- Fruit as a side item or dessert
- Vegetables as a side item – if cooked, seasoned with fresh herbs instead of butter or cream sauces
- Brown rice instead of white rice
- Pastas with tomato or other vegetable-based sauces, instead of cream sauces (whole-grain pasta preferred)
- Chicken, turkey, and fish instead of beef, pork, and lamb – request 3-4 ounce serving size
- Steamed, poached, baked, and broiled meats instead of fried
- Avoid mayonnaise-based salads and sandwich spreads (tuna/egg salad) or request “light”-or low-fat mayo.
- Reduced-fat cheese in menu items requiring cheese, like lasagna
- Fruit desserts such as fruit pie and cobbler
- Baked potato toppings such as assorted vegetables, beans, and low-fat cheeses, low-fat sour cream or plain yogurt
- Whole or vegetarian refried beans

### Snacks

- Whole or cut fruits and vegetables
- Baked tortilla chips with vegetarian (no lard) bean dip and salsa
- Pretzels, hot pretzels with mustard (request the pretzels be cut in half), or plain popcorn
- Mid-morning and mid-afternoon breaks, offer fruit and/or vegetable trays instead of cookies, pastries, doughnuts, and other foods with high sugar/fat content and minimal nutritional value.

### Healthy Food Substitutions by Ingredient

#### Sour Cream Substitutes

- Plain low-fat yogurt
- 1/2 cup cottage cheese blended with 1-1/2 teaspoon lemon juice
- Fat-free sour cream

#### Whipped Cream Substitutes

- Chilled, whipped evaporated skim milk
- Nondairy whipped topping made from polyunsaturated fat

#### Cream Substitutes

- Evaporated skim milk

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- Skim or 1-percent milk (as a beverage or in recipes)

## Ice Cream Substitutes

- Low-fat or nonfat ice cream
- Frozen low-fat or nonfat yogurt
- Frozen fruit juice products
- Sorbet

## Full-Fat Cheese Substitutes

- Low-fat, skim-milk, or fat-free cheese

## Ricotta Cheese Substitutes

- Low-fat or fat-free cottage cheese
- Nonfat or low-fat ricotta cheese

## Ground Beef Substitutes

- Extra lean ground beef
- Lean ground turkey or chicken

## Bacon Substitutes

- Canadian bacon
- Lean ham

## Sausage substitutes

- Lean ground turkey
- 95-percent fat-free sausage

## Whole Egg Substitutes

- Two egg whites
- 1/4 cup cholesterol-free liquid egg product
- 1 egg white plus 2 teaspoons oil
- One egg yolk equals one egg white and one egg (as thickener) equals 1 tablespoon flour

## Mayonnaise and Salad Dressing Substitutes

- Low-fat or fat-free mayonnaise
- Whipped salad dressing
- Plain low-fat yogurt combined with low-fat cottage cheese

## Salad Dressing Substitutes

- Low-calorie oil-based (not creamy) dressings
- Homemade dressing made with unsaturated oils, water, and vinegar or lemon juice

## Nut Substitutes

- Dried fruit such as raisins, chopped dried apricots or dried cranberries

## Cream Soup Substitutes

- Broth-based or skim milk-based soups

## Butter, Lard, and Other Saturated Fat (coconut oil, palm oil) Substitutes

- Soft tub butter substitute – look for brand without “partially hydrogenated oil” (first ingredient on food label listed as liquid vegetable oil)
- Corn, cottonseed, olive, rapeseed (canola), safflower, sesame, soybean, flax, or sunflower oil

## Fruits and Vegetables

- Add fresh or dried fruits like chopped apples, raisins, prunes, kiwi, or orange sections to green leafy salads and breakfast cereals.
- Add chopped carrots, broccoli, or a mix of your favorite vegetables to soups, salads, meat loaf, and casseroles.
- Make stir-fries or casseroles with lots of vegetables mixed in.

## Beans and Peas

- Add your favorite canned beans to soups, stews, and salads.
- Season beans with onion, garlic, and herbs for added flavor.
- Try different bean dishes: split pea soup, vegetarian chili with kidney beans or white bean chili, black beans over rice, bean tostadas, and tacos, black-eyed peas with garlic and red pepper, or three-bean salad made with green beans, chickpeas, and kidney beans.

## Grains and Fiber

- Substitute whole-wheat flour for up to half (or more) of the white flour called for in a recipe.
- Add 1/4 cup bran or quick-cooking oatmeal to your meat loaf or casserole.
- Make muffins using oatmeal, bran, or whole-wheat flour.
- Try whole wheat pasta for a healthy fiber boost.
- Use whole cornmeal when making cornbread.

## Milk, Cheese, and Yogurt

- Use evaporated skim milk instead of whole milk or cream in baked goods, sauces, and soups. Broth-based soups and sauces rather than cream or cheese based.

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## Milk, Cheese, and Yogurt - continued...

- Use reduced-fat yogurt to replace all or part of the sour cream or mayonnaise in a recipe. Replace part of ricotta cheese with low-fat cottage cheese. Use a puree of cooked potatoes, onion, and celery as a creamy base for soups instead of dairy cream or half-and-half.
- Sharp cheese gives extra flavor so that less can be used. This helps trim the fat.
- Select yogurt or milk products without added sugar or flavorings. Mix in fresh fruit for a flavor boost.

## Meats, Poultry, and Fish

- Let vegetables, beans, rice and pasta be the stars of your main dish - use meats as the side dish.
- Choose lean meats - look for the words "loin" or "round" in the name. Trim meat of all visible fat before cooking. Cook poultry with the skin on to keep it moist, but remove skin before eating to reduce the fat.
- Choose canned fish packed in water instead of oil. Drain thoroughly before mixing with your favorite dressing or condiment.

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Notes: