



Boston Public Health Commission Healthy Food Procurement Guidelines

Standards for Purchased Beverages and Foods



BOSTON
PUBLIC
HEALTH
COMMISSION



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Obesity and chronic disease are major health challenges that contribute to premature death, lower quality of life, and contribute to the dramatic rise in recent healthcare spending. The Boston Racial and Ethnic Approaches to Community Health (REACH) Obesity and Hypertension Demonstration Project is a three-year initiative funded by the federal Centers for Disease Control and Prevention (CDC) that aims to reduce inequities in health outcomes for obesity and hypertension in Black and Latino residents in East Boston, Hyde Park, Dorchester, Roxbury, and Mattapan neighborhoods. Improving systems and making environmental changes that support access to healthy beverages and low sodium food options, can have a significant impact on these inequities and dietary intake, which can ultimately result in better health outcomes. To maximize these efforts, the demonstration project and the Boston Public Health Commission invites organizations to voluntarily adopt practices and develop policies that can result in improving the health outcomes of Black and Latino residents. Applying to approximately half of the U.S. and the majority of adults, individuals who are either African American, ≥ 50 years old, or have been diagnosed with high blood pressure, diabetes, or chronic kidney disease should consume no more than 1,500 mg of sodium per day. This document outlines standards that can be used to build organizational policies and practices for purchased meals and snacks. These standards were adapted from sources including New York City guidelines, U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2010 Dietary Guidelines.

Note: All standards are defined per serving of food as shown on the product's Nutrition Facts label.

Nutrient Standards

Beverages

Tap water served at all meals and snacks.

Sodium

All individual items contain no more than 480 milligrams (mg) of sodium per serving. When possible, items should contain no more than 300 mg of sodium per serving.

Artificial Trans Fats

All prepared and packaged products must contain zero grams (g) of artificial Trans Fat (equivalent to no more than .5 g) per serving.

Food and Beverage Standards

Non- dairy beverages

- Do not serve high-sugar beverages, including non-diet soda, energy drinks, sports drinks, pre-sweetened tea and coffee drinks, juice with added sugar and sweetened water.
- Tap water is served for drinking at all meals and snacks.
- Beverages contain no more than 25 calories per 8 ounces except for 100% juice or milk.
- Fruit juice is 100% juice. Serving size does not exceed 6 ounces for adults and 4 ounces for children.
- 100% vegetable juices are recommended to be served in 6 ounce serving size and should be no-salt or low-sodium varieties (60mg – 140mg per serving).

Dairy and dairy alternatives

- Milk is unflavored and is 1% or skim (non-fat), in 8-ounce serving sizes, with no added sugar
- Fluid milk substitutes (e.g. unflavored soy, rice, and nut) contain no more than 25 g sugar per 8 ounce serving.
- Yogurts are low-fat or non-fat varieties with no more than 30 g sugar per 8 ounces or equivalent (no more than 23g sugar per 6 ounces and no more than 15 g sugar per 4 ounces).

- When possible serve cheese in serving size of 1 ounce and with no more than 240 mg sodium per serving.

Bread, pasta, cereal, and other grain products

- Sandwich bread contains at least 2 g fiber, no more than 10 g sugar and no more than 120 mg of sodium per slice. If available, sliced bread with no more than 90mg of sodium per serving is preferable.
- Pasta, cereals, and other grain products contain at least 2 g fiber and no more than 10 g sugar. When possible, cereal and other grains contain no more than 215 mg sodium per serving.
- Crackers, chips and salty snacks contain no more than 215 mg sodium per serving. (See snack standards for more information.)

Canned foods

- Canned vegetables contain no more than 290 mg sodium per serving or labeled “No Salt Added”.
- Canned fruits are packed in unsweetened juice or water.

Meat and Seafood

- Frozen poultry or seafood contains no more than 290 mg sodium per serving.
- When possible, fresh beef or pork are extra lean (at least 90% lean).
- Luncheon (processed) meats and bacon contain no more than 300 mg sodium per serving.
- Canned tuna, salmon or other seafood contain no more than 290 mg sodium per serving and are packed in vegetable oil or water.
- Canned beef and pork contain no more than 300 mg sodium per serving.
- It is recommended to serve beef, pork, bacon and luncheon (processed) meats infrequently.

Portion controlled frozen food products (e.g., full meals)

- Frozen whole meals contain no more than 35% of total daily sodium limits. For adults, this is less than 805 mg, and for children, no more than 770 mg.
- All portion controlled convenience foods (e.g., breaded chicken and veal patties, frozen French toast, pancakes, and waffles) contain no more than 480 mg sodium per serving.

Condiments

- Condiments (e.g. soy sauce, marinades and ketchup) should be low-sodium whenever possible.
- Use low-saturated fat, cholesterol free mayonnaise.
- Use salad dressing low in saturated fat. Use canola oil or extra virgin olive oil if possible.

Snack Standards

Snacks can add important nutrients to the overall diet and can help curb hunger. For example, a handful of nuts can satisfy hunger and are a source of important nutrients such as healthy fats, protein, and vitamins. The snack standards listed are in compliance with U.S. Department of Agriculture (USDA) Child & Adult Care Food Program (CACFP) and Massachusetts School and USDA Competitive Foods Standards.

Beverages

- Tap water for drinking is available at all snack times.
- Juice is 100% fruit juice. Serving size does not exceed 6 ounces for adults and 4 ounces for children.
- Milk is unflavored and is 1% or skim (non-fat).
- All beverages served are less than 25 calories per 8 ounces except for 100% juice and milk.
- Offer 100% juice as a snack no more than 2 times per week.

Fruit and Vegetables

- Serve minimally processed or whole fruits and vegetables when possible.
 - Recommended fruit or vegetable choices are broccoli, carrot sticks, celery sticks, pepper slices, salads, apples, bananas, pears, oranges, dried fruit, applesauce with no sugar added, and canned fruit in unsweetened juice.

Bread and Grains

- Sandwich bread contains at least 2 g fiber, no more than 10 g sugar and no more than 120 mg of sodium per slice. If available, sliced bread with no more than 90 mg of sodium per serving is preferable.
- All items served are whole grain (e.g. whole wheat or whole oats is the 1st ingredient listed on a nutrition facts label).
 - Recommended choices are whole wheat, pita triangles, whole grain cereal, whole grain crackers, whole grain bread, rice cakes, and popcorn.

Protein

- Serve lean sources of protein.

Meal Standards

The standards below are to be used in conjunction with the Food and Beverage Standards, when meals are being served.

Fruits and Vegetables

Note: Starchy vegetables include white potatoes, corn, green peas and lima beans.

- Serve a minimum of two servings of fruit and/or vegetables per meal for lunch and dinner.
- Serve a minimum of five servings of fruits and vegetables per day for organizations serving breakfast, lunch, and dinner.
- Programs serving meals less than 5 days per week, serve at least 3 servings of non-starchy vegetables weekly per lunch and per dinner.
- Programs serving meals more than 5 days per week, serve at least 5 servings of non-starchy vegetables weekly per lunch and per dinner.
- Serve fresh or frozen fruits and vegetables instead of canned whenever possible.

Fruit juice

- Serve only 100% fruit juice. Limit portion size to less than 6 ounces per serving for adults, 4 ounces for children.
- If meals are provided, serve juice no more than once per day.
- If providing snacks only, serve juice no more than 2 times per week.

Food preparation and service

- Do not use deep fryers or deep frying methods.
- To help ensure healthy portion sizes, establish a program-specific guideline for serving containers (e.g. portion-control size food plates and beverage cups).