

ASTHO's Healthy Foods Policy



2013-2014

Rationale

In the United States, the annual cost of obesity to business for insurance, paid sick leave and other payments is \$12.7 billion. Direct medical costs account for approximately \$51.6 billion and lost productivity approximately \$3.9 billion. Medical evidence reflects that the nation's top killers- heart disease, cancer, and stroke- are affected to a great extent by what we eat. To encourage a healthy lifestyle among their staff, many state public health agencies have implemented healthy foods policies. To demonstrate alignment with these health promotion initiatives, ASTHO has adopted a healthy foods policy which may be used as a model for public health organizations and others to promote healthy eating habits among their personnel and meeting participants.

According to the American Dietetic Association, a healthy diet emphasizes fruits, vegetables, and whole grains. It includes lean meats, poultry, fish, beans and nuts for protein. It is also low in saturated fats, trans fats, sodium and added sugars. The foods you eat and the amount of physical activity you get each day directly impacts your health, well-being, mood and energy levels. Eating a well-balanced nutritious diet and exercising daily will give you the energy needed to maintain your busy schedule.

ASTHO is committed to the well-being of its employees and meeting attendees. By adopting a healthy food policy and following the recommendations and tips, ASTHO will help give meeting attendees a variety of food choices that are healthy.

ASTHO's Healthy Foods Policy

ASTHO will only hold meetings or events at facilities that agree to abide by our healthy foods policy, as stated below. All events and meetings sponsored or supported by ASTHO will cater to a variety of dietary needs. ASTHO has identified seven different types of dietary options that they will include to facilitate choice.

These options include:

- Gluten Free**
- Vegetarian**
- Vegan**
- Low Fat**
- Low/Appropriate Carbohydrate**
- Low Sodium**
- Diabetic**
- Kosher**
- Beverages**



Each option has been given an indicator to facilitate the ordering process for internal and external meetings.



Gluten Free

A gluten free diet is defined as the avoidance of foods containing gluten. Gluten is found in wheat, rye, barley, spelt, kamut, and triticale. Processed foods containing these ingredients include: breads, cereals, pastas, baked goods, convenience items, condiments, and beverages. Many foods contain hidden gluten therefore, reading labels are the most reliable way to find gluten in processed foods.

Breakfast options: Oatmeal, rice or corn based dry cereals, fresh and dried fruit, gluten free breads with low fat spreads, peanut butter, yogurt with gluten free granola, gluten free muffins

Lunch options: Chicken salad with walnuts and apples; Roasted vegetable salad; Quinoa salad with black beans and peppers

**Tip: Check to see if packaged foods are manufactured in a facility that processes wheat. Also look for the GF symbol on boxes.*



Vegetarian

A vegetarian diet does not include meat, fish, or poultry. More strict vegetarian diets also include the omission of eggs (refer to the vegan diet).

Breakfast options: Oatmeal, whole grain cereals and bread, low-fat spreads, peanut butter, fresh

and dried fruits, low-fat whole grain muffins, low-fat and/or skim milk.

Lunch options: Tofu or egg salads with low fat mayonnaise or soy mayonnaise. Roasted vegetable salads, quinoa salad with black beans and peppers served with whole grain baguette, vegetable stuffed pita sandwiches with low-fat dressing.

**Tip: Be sure to include a source of healthy protein for vegetarians such as fish, tofu, beans, and nuts.*



Vegan

In addition to vegetarian restrictions (no meat, fish, or poultry), a vegan diet also excludes ALL animal products, including milk, cheese, butter, eggs, and honey.

Breakfast options: Oatmeal and whole grain cereals with soy milk or almond milk, fresh and dried fruits, whole grain mini-bagels with peanut butter and jam.

Lunch options: Quinoa salad with black beans and peppers, whole wheat tortillas with black beans, brown rice, and roasted vegetables.

**Tip: Specify vegan bagels, muffins, and breads to ensure that they are not processed with milk, butter or eggs.*



Low-Fat

A low fat diet includes whole grains, fruits and vegetables, lean meats, and foods that are cooked using healthy cooking methods (broiled, baked, grilled, boiled). Low fat meats, cheeses, dressings, and desserts can also be incorporated using portion control and moderation.

Breakfast options: Egg white scrambled with low-fat cheese, whole grain cereals with low fat milk, fresh and dried fruit, whole grain mini-bagels or muffins with low-fat spreads.

Lunch options: Chicken salad with apples, turkey sandwich with low fat cheese, low fat soups, tuna salad with low-fat or soy based mayonnaise.

**Tip: Use low-fat or no mayonnaise on sandwiches, opt for mustard instead. Request minimal or no use of butter and oil when preparing eggs. Request the use of non-fat sprays such as Pam etc.*



Low/Appropriate Carbohydrate

Carbohydrate foods (carbs) consist of grains, dairy products, fruits, vegetables, legumes (beans and peas), sugars, and sweets. This diet minimizes foods that contain carbs, while proteins, such as meat, poultry, fish, cheese, nuts, eggs, and non-starchy vegetables make up the majority of the diet. Depending on the type of low carb diet, fruits, starchy vegetables, and small portions of other carbohydrate containing foods are eaten.

Breakfast options: Hard-boiled eggs, egg whites, low-fat cheese, turkey sausage, turkey bacon or Canadian bacon; Low-carb breads with low-fat spreads, fresh fruit in moderation.

Lunch options: Chicken salad with walnuts and apples, tuna salad with low-carb crackers, chicken

breast with vegetables, roasted vegetable salad.

**Tip: The foundation of a healthy diet includes a percentage of carbohydrates, therefore, be sure to not cut out carbohydrates completely. Opt for healthy whole-grain carbohydrates that are high in fiber.*



Low Sodium

A low sodium diet, as defined by *The American Heart Association*, restricts sodium intake to 1500 milligrams of sodium per day (less than 1 Tablespoon of salt). Avoidance of added salt is achieved by minimizing intake of processed foods (sauces, frozen prepared foods), and maximizing intake of fresh fruits and vegetables, whole grains, and non-processed proteins; fresh herbs and spices are used to enhance flavor.

Breakfast options: Oatmeal, whole grain cereals with low-fat milk, fresh and dried fruit.

Lunch options: Salads made with fresh chicken (not canned or processed) and low-sodium dressings.

**Tip: Opt for fresh vegetables and meats to avoid the added sodium in canned foods. Avoid adding table salt to meals.*



Diabetic

A diabetic diet is essentially a low fat/low sodium diet, with the addition of portioned and patterned consumption of carbohydrate foods. The diabetic diet consists of moderation and variety, incorporating whole grains, fruits and vegetables, lean proteins, low-fat dairy and healthy fats. Foods containing carbohydrates, including grains, fruit, dairy, and sweets, are eaten in moderation throughout the day to promote blood sugar regulation.

Breakfast options: Egg whites, whole grain breads with low-fat spreads; Oatmeal with low-fat milk.

Lunch options: Chicken salad with walnuts and apples; turkey sandwich with whole grain bread.

**Tip: Monitor carbohydrate intake and portion sizes to avoid a spike or drop in blood sugar levels.*



Kosher



Dairy products and other processed food products are considered to be kosher if they show the distinguished symbol shown above. Turkey, chicken, and beef products are considered kosher if they are processed according to Jewish law and distributed by a kosher meat processor. Fresh fruits and vegetables, grains, and egg products are kosher. Fish such as salmon, grouper, halibut, sea bass, and tilapia are kosher, however catfish is not Kosher. Shellfish such as lobsters, shrimp, clams, and crab are not Kosher. The combinations of food within a meal and additional

restrictions during Passover are also a consideration. Meat and milk cannot be combined in a meal, and after meat is consumed a dairy dessert cannot be served.

Breakfast options: Low-fat yogurt with fruit and granola; scrambled egg whites with whole wheat toast.

Lunch options: Kosher turkey on whole grain bread; grilled salmon with steamed spinach.



Beverages

It is important to be mindful of calorie consumption when drinking beverages. Liquid calories add up quickly without satiating hunger properly. Water, 100% fruit juice, 100% vegetable juice, diet sodas, coffee, herbal teas, and skim milk are all healthy beverage choices.

**Tip: To reduce calories, try combining half a cup of 100% fruit juice with half a cup of seltzer water. This combination will give you a carbonated alternative to soda with half the calories and sugar.*

Additional tips and recommendations:

To reduce fatigue and boost energy levels at meetings, be sure to include proteins when serving carbohydrates. This includes whole grain cereals with low-fat milk or skim milk, grilled vegetable or chicken with salads, whole grain crackers with low-fat cheese, whole grain tortilla chips with salsa and bean dip.

- Serve fruit and 100% fruit juice and vegetable juice.
- Offer skim milk and yogurt. Be mindful that yogurt is not always a vegetarian option because of the gelatin it may contain.
- Offer whole grain breads, pasta, rice and cereals when possible. Ask for gluten free options if available.
- Reduce portion sizes.
- Limit high-fat, high-sodium meats like bacon and sausage. Opt for turkey bacon or turkey/chicken sausage instead.
- Flavor foods with lemon juice, dried and fresh herbs, and spices instead of salt and thick sauces. Opt for vegetable based sauces instead of cream sauces.
- Serve sandwiches 'open-faced' with toothpicks to allow people to reduce carbohydrate intake by only consuming one slice of bread.
- Rice may be prepared with chicken stock. Ask the caterer before serving it as a vegetarian option.

Ordering for Meetings

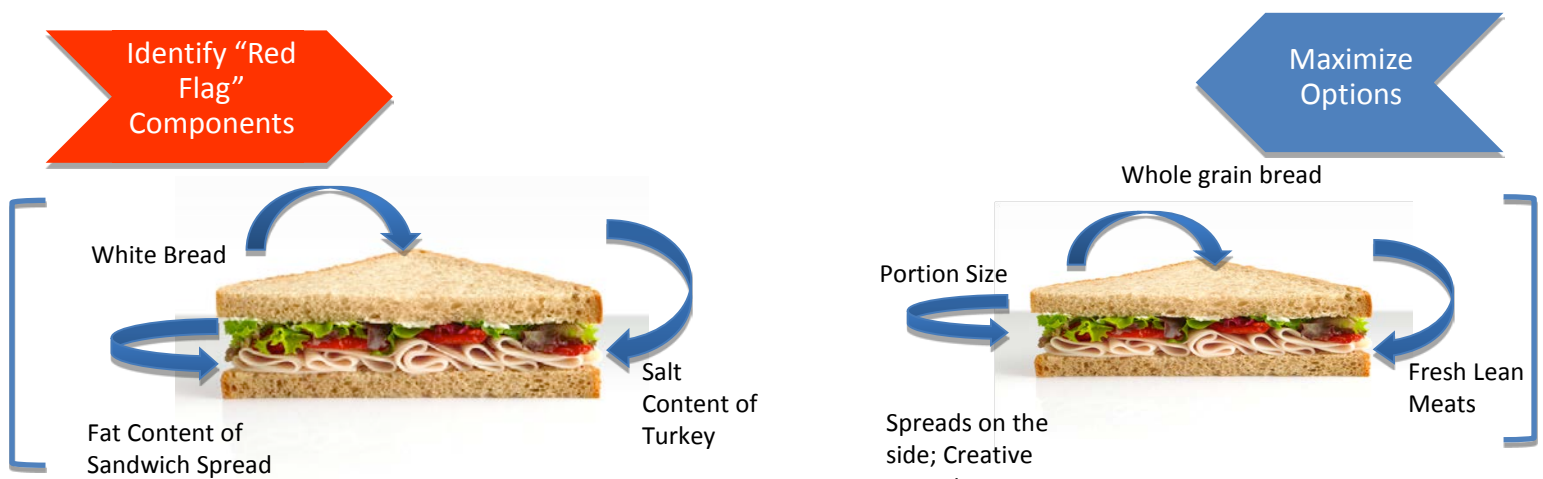
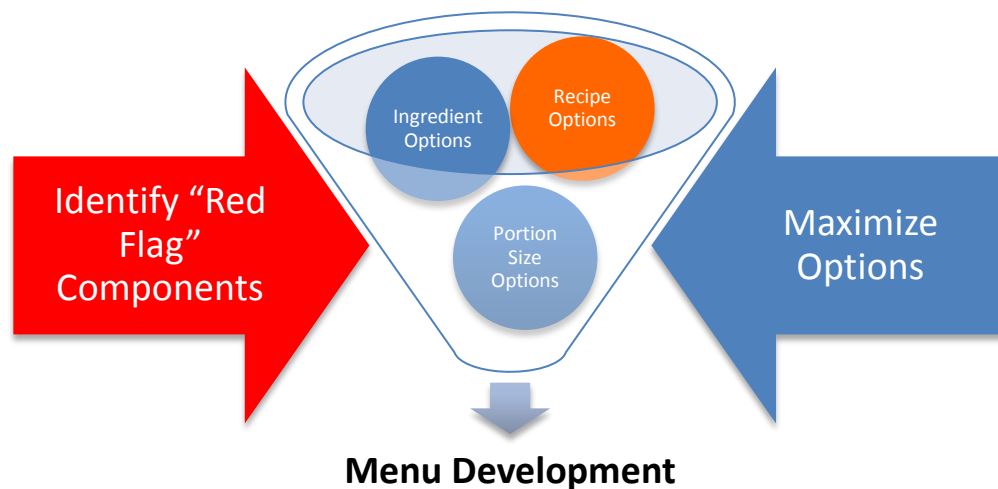
When ordering from preset menus, it is important to work with caterers to discuss ways to have healthy options available for meetings. Consider these requests when ordering from caterers and restaurants for short internal meetings as well as extensive multi-day meetings. Be sure to emphasize that you do not want the same foods served to participants repeatedly.

- Ask that fruits and vegetables be served with every meal.
- Request whole grain cereals, breads, rice and pasta to be used whenever possible. Ask about gluten free and low-carb options as well.
- Ask for smaller portion sizes of foods like bagels and muffins. Request that these items be cut in half or quarters if they do not have a 'mini' option. This will allow participants to choose to eat a smaller portion.
- Request fresh fruit for dessert. If you decide to serve desserts such as brownies, request that they be cut in small bite-size portions.
- Ask for sauces for vegetables, grains, and meats to be served on the side. Remember sauces and dressings that are thick and creamy are typically high in fat, sugar, sodium and calories. Request clear sauces that are usually lower in fat and calories.
- Ask for calories and salt to be reduced in the menu by using low-fat ingredients, not adding sugar, and preparing food using lower-fat cooking methods such as baking and broiling instead of fried.



Maximizing Menu Meals

When it is time to menu plan for meetings, use the 'maximizing meal options' approach. It is essential to understand and identify 'red flag' components as they appear on a menu. The red flag components are those that do not have optimal nutrition or do not satisfy the requirements for a dietary option. Once the red flags are identified, find alternatives or substitutes that will maximize the menu item. Remember that you have the ability to work with caterers to get the most out of your menu!



Healthy Meeting Checklist

Review the following while planning your meeting to ensure you are supporting ASTHO's healthy food policy.

Step 1: Define Menu Parameters

- ☐ Did you ask about any special dietary needs participants may have?
- ☐ Have you reviewed the various religious holidays observed and made mindful decisions about what types of foods are restricted during this time?
- ☐ Will meals include whole-grain breads, cereals, rice and pasta?
- ☐ Have you asked for gluten-free options?

Step 2: Menu Review and Selection

- ☐ Have you inquired about certain buzz words seen on menus? 'Spa option' 'Supersize' etc.
- ☐ Have you identified 'red flags' in foods and identified substitutes to maximize menu options?
- ☐ After you have made menu modifications, are there food choices to accommodate all diets outlined in the policy?
- ☐ Have you reviewed your beverage choices to ensure you are providing healthy beverage choices?

Step 3: Menu Balance

- ☐ Have you included enough variety in healthy food choices for your meeting?
- ☐ Are fresh fruits and vegetables included with each meal and snack?
- ☐ Have you asked that sauces, dressings and condiments be served on side?
- ☐ Have you asked for smaller portion sized of foods like bagels, muffins, cookies, etc.?

Step 4: Wellness Integration

- ☐ Have you built some form on physical activity into the meeting?

