



Association Of State And Territorial Health Officials
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ASTHO's Healthy Foods Policy

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 include the following healthy items:

- **Fruits and/or vegetables**
Examples of such items include fresh, frozen, canned or dried fruits (such as grapefruit, oranges, apples, raisins or 100% fruit juices), and fresh, frozen, or canned vegetables.
- **Lowfat milk and dairy products**
Examples include skim/nonfat or 1% milk; lowfat and fat-free yogurt; soy milk and yogurt
- **Foods made from grains (like wheat, rice, and oats), especially whole grains**
Examples include low-fat whole-wheat crackers, bread and pasta; whole grain ready-to-eat cereal, low fat baked tortilla chips, pita bread.

Here are some examples of healthy food and beverage options for meetings:

Beverages:

- Water—bottled and spring water
- 100% fruit or vegetable juices—unsweetened
- Milk—non-fat, low-fat (1%), or soy
- Diet sodas
- Coffee—regular and decaf
- Tea—regular and herb, hot or non-sweetened iced

Breakfast:

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| • Fresh and dried fruit | • Granola bars—low-fat, low sugar, high fiber |
| • Yogurt—non-fat, low-fat, or soy | • Light cream cheese, low sugar fruit spreads, jam or jelly |
| • Bagels—whole-grain, small or cut in half or quarters | • Lean Meats—fat-free turkey or chicken |
| • Muffins—whole-grain, low-fat, small or mini | • All-natural peanut butter |
| • Breads and toasts—whole grain, low-sugar, low-fat | • Eggs and egg whites |
| | • Oatmeal |

Breaks and snacks:

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| • Fresh/dried fruit | • Popcorn—low-fat |
| • Raw vegetables | • Crackers, flavored rice cakes—whole grain, low-fat |
| • Cheese cubes or slices | • Granola bars |
| • Pretzels—plain, whole grain | • Hummus with pita bread wedges |
| • Tortilla chips—baked | |

- Low-fat yogurt dip, fat-free or low-fat dressing, salsa, bean dip
- Unsalted dry roasted or natural nuts
- Healthy trail mix (made with nuts, dried fruits, whole grain cereals, etc.)

Lunch:

- Low-fat entrees—broiled, baked, grilled or steamed items
- Lean meats, chicken, turkey, fish and/or shellfish
- Vegetables, fresh or cooked, without butter or cream sauce
- Salads made with tofu, beans, and/or raw or cooked vegetables
- Fat-free or low-fat dressings on the side
- Sandwich bar with whole grain breads, low-fat meats and cheeses, and grilled vegetables
- Vegetable wraps
- Breads or rolls—whole grain
- Fresh fruit
- Lower-fat/lower calorie desserts- fresh fruit with low-fat fruit yogurt dip, angel food cake with fruit topping

General guidelines for ASTHO-hosted events:

- Serve lower-calorie and lower-fat foods
- Serve low sodium foods
- Serve fruits and vegetables whenever possible
- Serve small portions (e.g. cut bagels in halves or quarters, etc.)
- Include a vegetarian option at all meals
- Eliminate high fat, high sugar, high sodium and low fiber items at meetings, such as:
 - Cakes, donuts, pastries, cookies, regular muffins
 - Soda and fruit drinks (less than 100% juice)
 - Chips
 - Fried foods
 - Cream-based sauces and soups

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.