

## Kaiser Permanente Healthy Picks

Kaiser Permanente aspires to improve the health of our members, employees, our communities and the environment by increasing access to fresh, healthy food in and around KP facilities. Kaiser Permanente supports food systems that are ecologically sound, economically viable and socially responsible by the way food is purchased.

Good and best criteria have been defined for a healthy eating environment based on evidence based research. Food items that meet the Best criteria will earn the green Healthy Picks label, while food items that meet the Good criteria will be marked with the orange Healthy Picks label.



### **BEST Nutrition Criteria**

#### **Fats**

- Must be a healthy fat such as olive oil, canola oil or a margarine made without trans fat
- Food must have no trans fat
- Foods must not be deep fat fried
- Salad dressings must be small portions, 1oz or less, made with canola oil, soybean oil, olive oil or non-hydrogenated fat
- Prepackaged snacks - Less than 10% calories from saturated fat (*unsalted nuts, soynuts and seeds exempt, and must meet other criteria*)
- Children's Wellness Meals and Wellness Meals\* (entire meal including entrée, side dish, dessert, beverage) must have less than 10% of calories from saturated fat

#### **Protein**

- Must be a healthy protein source, such as fish, chicken, turkey, tofu, legumes, beans
- Nuts and seeds - plain or with spices
- Nuts must not be candy-coated or yogurt-coated

#### **Carbohydrates – Grains, Starches, Breads and Cereals**

- Must be a carbohydrate in its “whole” form, such as brown rice, buckwheat, bulgur, millet, whole oats/oatmeal, popcorn, quinoa, rolled oats, whole-grain sorghum, whole grain triticale, whole grain barley, whole grain corn, whole rye, whole wheat, wild rice
- Packaged foods and processed foods such as pasta, baked goods, or cereals must list a whole grain<sup>1</sup> as the first ingredient (or second ingredient after water) OR contains at least 51 percent whole grains and the remaining grain content of the product is enriched

#### **Carbohydrates – Fruits and Vegetables**

<sup>1</sup> Examples of whole grains include: brown rice, buckwheat, bulgur, millet, whole oats/oatmeal, popcorn, quinoa, rolled oats, whole-grain sorghum, whole grain triticale, whole grain barley, whole grain corn, whole rye, whole wheat, wild rice.

- Must be a fruit (fresh, frozen, canned or dried) or vegetable without added sugar or salt
- Canned fruits in juice (packed in their own juice or water-packed)
- Pre-made salads or pre-cut vegetables served with healthy dressings (see below).
- Salad dressings must be small portions, 1oz or less, made with canola oil, soybean oil, olive oil or non-hydrogenated fat may be used.

### **Dairy Products**

- 1% or non-fat dairy products, such as yogurt or cottage cheese
- Cheese must be low-fat or non-fat
- Entrees that contain cheese must be less than 10% saturated fat
- 1% low-fat and non-fat frozen dairy items
- Other dairy items that meet the **FAT** criteria

### **Sugar**

- Prepackaged snack items, desserts, and sweetened dairy products (such as yogurt) must contain less than 35% calories (or weight) from total sugars (unsweetened fruit exempt)
- Sugar and total calorie requirements do not apply to fresh produce, dried fruits without added sugar, dairy products without added sugar, and canned fruits in their own juices

### **Salt/Sodium**

- Snack items and sides may contain no more than 200mg of sodium
- Entree items may contain no more than 600mg of sodium
- Children's Wellness Meals\* (entire meal including entrée, side dish, dessert, beverage) may contain no more than 665 mg of sodium
- Wellness Meals\* (entire meal including entrée, side dish, dessert, beverage) may contain no more than 800 mg of sodium

### **Total Calories**

- Snack items do not exceed 200 calories per container
- Sides items do not exceed 175 calories
- Entree items do not exceed 525 calories
- Children's Wellness Meals\* (entire meal including entrée, side dish, dessert, beverage) must not exceed 560 calories
- Wellness Meals\* (entire meal including entrée, side dish, dessert, beverage) must not exceed 700 calories

### **Beverages**

- Water or flavored water with no added sweetener or sugar
- Unsweetened coffee or tea
- Non-fat or 1% low-fat milk that is not chocolate or flavored milk
- Bottled and carton beverages may not contain high fructose corn syrup and must be less than 150 calories per item

## **Good Nutrition Criteria**

### **Fats**

- Must be a healthy fat such as olive oil, canola oil or margarine made without trans fat
- Food must have no trans fat
- Foods must not be deep fat fried
- Vending only - Must be no more than 1 gram of saturated fat per 100 calories (*does not apply to plain or spiced nuts or seeds, and must meet other criteria*)

### **Proteins**

- Beef items that contain no more than 15% fat
- Ground turkey or turkey sausage
- Lean cuts of pork

### **Carbohydrates – Grains, Starches, Breads and Cereals**

- Prepackaged foods and pasta, baked goods, or cereals must contain at least one whole grain<sup>2</sup> in the ingredient list and must meet all other “Best” criteria.
- Vending and packaged items only – non-grain-based items, such as potato chips, must meet all other “Best” criteria.

### **Carbohydrates - Fruits and Vegetables**

- Canned fruits in juice (may be packed in light syrup)
- Dried fruits that meet sugar criteria

### **Dairy Products**

- Reduced-fat dairy products such as cheese, milk, and yogurt

### **Beverages**

- Sugar-free sodas (non-caffeinated options should be offered)
- 100% fruit or vegetable juices must be less than 150 calories per item
- Low fat dairy beverages

### **Sugar**

- Food items must contain no more than 15 grams of sugar
- Sugar and total calorie requirements do not apply to fresh produce, dried fruits without added sugar, dairy products without added sugar, and canned fruits in their own juices

### **Salt/ Sodium**

- Snacks items may contain no more than 400 mg of sodium
- Entree items may contain no more than 800 mg of sodium

### **Total Calories**

- Snack does not exceed 200 calories
- Entrees do not exceed 650 calories

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<sup>2</sup> Examples of whole grains include: brown rice, buckwheat, bulgur, millet, whole oats/oatmeal, popcorn, quinoa, rolled oats, whole-grain sorghum, whole grain triticale, whole grain barley, whole grain corn, whole rye, whole wheat, wild rice.

**\* DEFINITIONS:**

**Children's Wellness Meal**

By July 1, 2013, at least one at each breakfast, lunch and dinner that meets the following:

**Nutrient Profile:**

- a. Under 560 calories
- b. Less than 10% calories from saturated fat
- c. No trans fat
- d. Less than 665 mg. of sodium;

**Food Profile:<sup>3</sup>**

- a. 1  $\frac{3}{4}$  oz. equivalent serving lean meat/poultry/fish or alternative
- b. 1  $\frac{3}{4}$  oz. equivalent serving whole grain rich grain<sup>4</sup>
- c.  $\frac{1}{2}$  cup serving fruit
- d.  $\frac{3}{4}$  cup serving non-fried vegetable
- e. 1 cup low-fat dairy or equivalent (low fat or nonfat milk, calcium and Vitamin D fortified soy milk, low fat and nonfat yogurt, low fat cheese are acceptable; flavored milk is not acceptable);

**Affordability Profile:**

Priced less than or equal to other available meal options.

**Wellness Meals**

By July 1, 2013, at least one (and increase by one each year, up to a minimum of 3) wellness meal(s) in the cafeteria and on general service patient menu<sup>5</sup> that meets the following:

**Nutrient Profile:**

- a. Under 700 calories
- b. Less than 10% calories from saturated fat
- c. No trans fat
- d. Less than 800 mg. of sodium;

**Food Profile:<sup>6</sup>**

- a. 2 oz. equivalent serving lean meat/poultry/fish or alternative
- b. 2 oz. equivalent serving whole grain rich grain<sup>7</sup>
- c.  $\frac{3}{4}$  cup serving fruit
- d.  $\frac{3}{4}$  cup serving vegetable
- e. 1 cup low-fat dairy or equivalent (low fat or nonfat milk, calcium and Vitamin D fortified soy milk, low fat and nonfat yogurt, low fat cheese are acceptable; flavored milk is not acceptable)

**Affordability Profile:**

Priced less than or equal to other available meal options.

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<sup>3</sup> To be based on 2010 US Dietary Guidelines Food group guidelines and equivalents.

<sup>4</sup> Contains at least 51 percent whole grains and the remaining grain content of the product is enriched.

<sup>5</sup> Applies only to patients whose course of treatment and care is consistent with these dietary options.

<sup>6</sup> To be based on 2010 US Dietary Guidelines Food group guidelines and equivalents.

<sup>7</sup> Contains at least 51 percent whole grains and the remaining grain content of the product is enriched.

*The following two pages outline guidelines for items **NOT** allowed in KP food environments, including cafeterias, café-kiosks, coffee carts, food carts and vending machines.*

*These two guidelines, one for cafeterias/café-kiosks/coffee carts/food carts and the other for vending, have been developed to eliminate items that are clearly in conflict with a food environment that supports healthy choices and behaviors for Kaiser Permanente members, employees, and visitors.*

## **Guidelines for Snacks and Beverages Not Allowed in Cafeteria/Café-Kiosk/Coffee Cart or Food Cart Selections**

### **Beverages**

Energy drinks (regular and sugar free)  
Fountain regular soda  
Bottled/canned regular soda larger than 12 oz  
Juice drinks that are not 100% juice

### **Candy**

Candy bars other than pure dark chocolate bars with or without nuts

### **Baked Goods**

Frosted cookies, cookie bars, cakes or cupcakes  
Cookies or bars/brownies serving size more than 1 ½ oz  
Cake serving size more than 2 oz  
Muffins serving size more than 3 ½ oz  
Pie or cobbler serving size more than 4 ½ oz  
Donuts  
Pastries  
Croissants  
Danish

### **Refrigerated meals and snacks (where applicable)**

Luncheables

### **Meats**

Turkey burgers with more than 10 g fat or more than 4 g saturated fat

### **Desserts**

Ice cream products more than 300 calories per package

## **Guidelines for Snacks and Beverages Not Allowed in Vending Selections**

### **Beverages**

Energy drinks (regular and sugar free)  
Bottled/canned regular soda larger than 12 oz  
Juice drinks that are not 100% juice

### **Candy**

Candy bars other than pure dark chocolate bars with or without nuts

### **Baked Goods**

Frosted cookies, cookie bars, cakes or cupcakes  
Cookies or bars/brownies serving size more than 1 ½ oz  
Cake serving size more than 2 oz  
Muffins serving size more than 3 ½ oz  
Pie or cobbler serving size more than 4 ½ oz  
Donuts  
Pastries  
Croissants  
Danish

### **Refrigerated meals and snacks (where applicable)**

Luncheables

### **Desserts**

Ice cream products more than 300 calories per package

## **Sustainable Food Criteria**

**Dairy** – must have at least one of following criteria to be sustainable

- Produced without added hormones: Carries one of the following label claims – “rBGH-free”, “rBST-free”, or a statement such as “our farmers pledge not to use rBGH or rBST”/“Our farmers pledge not to use artificial hormones”.
- Locally produced: Dairy products grown/ raised AND processed within a 250-mile radius of Kaiser Permanente facility.
- Certified as humanely and/or sustainably produced: Carries one or more of the following third-party certified eco-labels focused on humane and sustainable production practices – USDA Certified Organic, Food Alliance Certified, Certified Humane Raised & Handled, Animal Welfare Approved or Salmon Safe.

**Eggs** – must have at least one of following criteria to be sustainable

- Locally produced: Eggs grown/ raised AND processed within a 250-mile radius of Kaiser Permanente facility.
- Certified as humanely and/or sustainably produced: Carries one or more of the following third party certified eco-labels focused on humane and sustainable production practices – USDA Certified Organic, Food Alliance Certified, Certified Humane Raised & Handled, Animal Welfare Approved or Salmon Safe.

**Vegetables and fruit** – must have at least one of following criteria to be sustainable

- Locally produced: Fruits and vegetables grown/ raised AND processed within a 250-mile radius of Kaiser Permanente facility.
- Locally produced on small- to medium-scale farms: Fruits and vegetables grown/ raised AND processed on small- to medium-scale family farms within a 250-mile radius of Kaiser Permanente facility.
- Certified as sustainably produced: Carries one or more of the following third-party certified eco-labels focused on sustainable production practices – USDA Certified Organic, Food Alliance Certified, Fair Trade Certified, Protected Harvest, Salmon Safe or Rainforest Alliance Certified.

**Poultry/Pork** – must have at least one of following criteria to be sustainable

- Produced without antibiotics: Labeled “Raised without antibiotics” or “No antibiotics administered” as allowed by USDA.
- Locally produced: Poultry and pork raised AND processed within a 250-mile radius of the Kaiser Permanente facility.
- Certified as humanely and/or sustainably grown: Carries one or more of the following third-party certified eco-labels focused on humane and sustainable production practices – USDA Certified Organic, Certified Humane Raised & Handled, Food Alliance Certified or Animal Welfare Approved.

**Beef, pork, and other meats** – must have at least one of following criteria to be sustainable

- Produced without antibiotics: Labeled “Raised without antibiotics” or “No antibiotics administered” as allowed by USDA.
- Produced without added hormones: Labeled “No hormones added” as allowed by USDA.
- Grass fed: Labeled “USDA Grass-Fed”.
- Locally produced: Beef, lamb and other meats raised AND processed within a 250-mile radius of the Kaiser Permanente facility.
- Certified as humanely and/or sustainably produced: Carries one or more of the following third-party certified eco-labels focused on humane and sustainable production practices – USDA Certified Organic, Certified Humane Raised & Handled, Food Alliance Certified, Animal Welfare Approved or Salmon Safe.

**Seafood** – must have at least one of following criteria to be sustainable

- Low in environmental toxins (e.g., mercury, PCBs) and sustainably produced or harvested: Finfish or shellfish species produced and originating from stocks included on the Monterey Bay Aquarium Seafood Watch "super green" list, which includes seafood that meets the following three criteria: a) Low levels of contaminants (below 216 parts per billion [ppb] mercury and 11 ppb PCBs), b) The daily minimum of omega-3s (at least 250 milligrams per day [mg/d]) and c) Classified as a Seafood Watch "Best Choice" (green). Other Healthy "Best Choices" are low in contaminants and provide a smaller amount of omega-3s (between 100 and 250 mg/d, assuming 8 ounces of fish per week). [www.montereybayaquarium.org/cr/cr\\_seafoodwatch/sfw\\_health.aspx](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/sfw_health.aspx)
- Third party certified sustainable fisheries: Certified by Marine Stewardship Council or similar independent, third-party eco-label.
- Locally and seasonally sourced: Farmed finfish and shellfish species raised AND processed within 250-mile radius of Kaiser Permanente facility. Wild-caught finfish and shellfish species originating from Port and Country of Landing and Country of Processing on west coast of US.

**Grains/Pasta** – must have at least one of following criteria to be sustainable

- Locally grown: Farms, ranches, and production/processing facilities located within a 250-mile radius of Kaiser Permanente facility.
- Certified as humanely and/or sustainably produced: Labeled as USDA Certified Organic

**Coffee/Tea** – must have at least one of following criteria to be sustainable

- Locally grown: Grains grown AND processed within a 250-mile radius of Kaiser Permanente facility.
- Certified as sustainably produced: Carries one or more of the following third-party certified eco-labels focused on sustainable production practices – USDA Certified Organic, Food Alliance Certified, or Fair Trade Certified.



## Disposables

- Replace all polystyrene plastic and foam products with biobased paper or plastic alternatives: All wood-fiber based products made from recycled content materials (minimum 10 percent recycled content pre- or post-consumer) and 100% biobased coatings and all bioplastic products identified as USDA Certified Biobased Product with a 95 percent or greater biobased content reported on the label.
- Compostable: All products certified by the Biodegradable Products Institute (BPI) to meet the American Society for Testing and Materials specifications for compostable plastic and plastic-coated paper and/or certified by Vinçotte as home compostable and displays the “OK Compost Home” logo. Note: Certification of resin compostability is not sufficient to meet this criterion.