



# Food & Beverage Nutrition Standards

Food and beverage nutrition standards\* must meet all of the following guidelines:

## Food and Nutrition Requirements for Prepared Foods

### A. Fruits and Vegetables:

- At least 3 fruit options daily, with no added sugars. Fruit can be fresh, canned, frozen, or dried.
- At least 3 non-fried vegetable options daily. Vegetables can be fresh, frozen, or canned, and served cooked or raw.
- Offer seasonal fruit and vegetables.

### B. Grains:

- Offer half of total grains as “whole grain-rich” products, daily.
- Offer a “whole grain-rich” product as the first (i.e., default) choice.

### C. Dairy:

- Offer a variety of dairy products (or dairy alternatives) daily, such as milk, yogurt, cheese, and fortified soy beverages.
- When yogurt is available, offer at least one plain yogurt.
- Offer low-fat dairy products, where possible.

### D. Protein Foods:

- Offer a variety of non-fried protein foods, such as seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products, daily.
- Offer protein foods from plants, such as legumes (beans and peas), nuts, seeds, and soy products, at least three times per week.
- Offer seafood at least two times a week.

### E. Desserts:

- When desserts are available, offer 25% of desserts containing  $\leq 200$  calories, as served.

#### **F. Sodium:**

- At least 50% of meals offered must contain  $\leq 800$  mg sodium.
- At least 50% of entrees offered must contain  $\leq 600$  mg sodium.
- At least 50% of side items must contain  $\leq 230$  mg sodium.

#### **G. Trans Fats:**

- Ensure that all foods do not include partially hydrogenated oils.
- Calorie and Nutrition Labeling:
  - Provide calorie and nutrition information of standard menu items (a standard menu item is a restaurant-type food that is routinely included on a menu or menu board or routinely offered as a self-service food or food on display).

#### **H. Other Considerations:**

- Limit deep-fried entrée options to no more than one choice per day.

### **Food and Nutrition Requirements for Packaged Snacks:**

- All packaged snacks contain  $< 200$  mg sodium per package.
- All packaged snacks have 0 grams of trans fat.
- At least 75% of packaged snacks meet the following food and nutrient standards:
- Food Standards:
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a whole grain-rich product, or
  - Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable.
- Nutrient Standards:
  - Calorie limit:  $\leq 200$  calories
  - Saturated fat limit:  $< 10\%$  of calories
    - Exemptions: Reduced-fat cheese and part skim mozzarella; nuts, seeds and nut/seed butters; and dried fruit with nuts /seeds with no added nutritive sweeteners or fats.
  - Sugar limit:  $\leq 35\%$  of weight from total sugars in foods.
    - Exemptions: Dried /dehydrated whole fruits or vegetables with no added nutritive sweeteners; dried whole fruits or pieces with nutritive sweeteners required for processing and/or palatability; products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.

### **Food and Nutrition Standards for Beverages:**

- Provide free access to chilled, potable water.

- When milk and fortified soy beverages are available, offer low-fat beverages with no added sugars.
- When juice is available, offer 100% juice with no added sugars.
- At least 50% of available beverage choices contain  $\leq 40$  calories per 8 fluid ounces (excluding 100% juice and unsweetened fat-free or low-fat [1%] milk).

## Sustainable Practices Requirements

Sustainability practices must meet all of the following guidelines:

- Use cleaning products and services that adhere to the Fitwel's Green Purchasing requirements (Fitwel Strategy 6.4).
- Adhere to Fitwel's Integrated Pest Management (Fitwel Strategy 3.7) requirements.
- Implement at least one of the below purchasing guidelines:
  - Implement accurate forecasting and just-in-time purchasing concepts.
  - Select recyclable, compostable and/or biodegradable products for single-service items (e.g., bottled beverage containers, trays, flatware, plates, bowls) and packaged products.
  - Avoid single-serving packages of condiments, when possible.
  - Offer at least 25 percent of the food and beverage options as locally sourced, certified organic and/or certified community-development or environmentally beneficial practice.
  - Purchase seafood from sustainable fisheries and aquaculture operations.
- Implement at least one of the below food service management and consumer engagement practices, while following necessary food safety procedures:
  - Promote the use of reusable service items (e.g. plates, utensils, beverage containers, bags) for staff and occupants.
  - Utilize cleaning practices and equipment operations that meet Fitwel's Green Purchasing (Fitwel Strategy 6.4) requirement and conserve resources such as water and energy.
  - Label products that are locally sourced, certified organic, or certified community-development or environmentally beneficial practice.
  - Partner with an on-site or nearby farmers' market to procure local goods
- Implement at least one of the below waste diversion practices, while following necessary food safety procedures:
  - Participate in and implement waste diversion programs (e.g. waste reduction, recycling, and where feasible, composting) for employees in the kitchen, break rooms, and administrative areas in addition to areas accessible to occupants
  - Monitor the relationship between waste and food procurement, including the

development of goals for waste reduction as well as quarterly or annual reporting of waste reduction and waste diversion benchmarks.

- Implement methods for reducing food waste such as: training staff on waste reduction methods, re-purposing excess food for future meal preparation, and donating edible surplus food for human consumption where possible.

## Food Safety Requirements

Food safety standards must meet the following guidelines:

- Follow the most recently published local food codes relating to food safety procedures and practices.
- Implement and monitor a comprehensive written food safety plan detailing food safety procedures for the building and/or campus.
  - The plan must promote active managerial control of foodborne illness risk factors, such as:
    - improper holding temperatures;
    - inadequate cooking of food products;
    - cross contamination/contaminated equipment;
    - unsafe food sources; and
    - poor staff hygiene.
  - Food and safety procedures must include the following:
  - A sanitation and temperature control plan for ready-to-eat products that target foodborne bacterial illnesses, especially the control of *Listeria monocytogenes*, detailing cleaning frequencies for equipment, utensils, and non-food contact surfaces and temperature control in coolers, deli cases, and refrigerators.
    - An employee food safety training policy.
    - An employee health policy that details:
      - how employees are trained on reporting symptoms, diagnoses, and activities associated with the transmission of foodborne illness from food workers
      - how employee trainings are monitored and documented
      - policies for next steps for employees who have or have reported symptoms, diagnoses, or activities associated with the transmission of foodborne illness.

\*Food and Beverage: Adapted from: Food Service Guidelines Federal Workgroup. Food Service Guidelines for Federal Facilities. Washington, DC: U.S. Department of Health and Human Services; 2017

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