# **Healthy Dining** Menu Guidelines

In order to increase employee access to healthy food options at work, the Network for a Healthy Califonia – Worksite Program is encouraging employers to implement the following healthy dining menu standards at their onsite cafeterias or dining facilities. Once you have begun providing menu options that meet these healthy standards at your worksite, we encourage you to branch out and recruit nearby restaurants to implement the standards as well.





#### **HEALTHY DINING ENTRÉE GUIDELINES<sup>1</sup>**

The following check-mark system (  $\checkmark$   $\checkmark$  and  $\checkmark$ ) should be used to identify full entrées/meals that meet Healthy Dining's nutrition guidelines<sup>2</sup> for calories, fat, cholesterol, and sodium.

**Calories:** 

✓ ✓ Excellent Choice: 0 to 450 calories/entrée

Good Choice: 451 to 750 calories/entrée

Fat:

**Excellent Choice:** 0 to 15 grams (g)/entrée

Good Choice: 16 to 25 grams (g)/entrée

Cholesterol: VV

**Excellent Choice:** 0 to 75 milligrams (mg)/entrée

Good Choice: 76 to 150 milligrams (mg)/entrée

Sodium:

**Excellent Choice:** 0 to 300 milligrams (mg)/entrée

Good Choice: 301 to 600 milligrams (mg)/entrée

The entrée guidelines also include an emphasis on fruits and vegetables. A symbol such as 6 should be used on menus to indicate entrées that provide at least 2 servings (approximately 1 cup) of fruits or vegetables.

### **HEALTHY DINING GUIDELINES FOR SIDE** DISHES, APPETIZERS, AND DESSERTS<sup>1</sup>

The following check-mark system (  $\checkmark$   $\checkmark$  and  $\checkmark$ ) should be used to identify side dishes, appetizers, and desserts that meet Healthy Dining's nutrition guidelines<sup>3</sup> for calories, fat, cholesterol, and sodium.

**Calories:** 

**Excellent Choice:** 0 to 150 calories/serving

Good Choice: 151 to 250 calories/serving

Fat:

**Excellent Choice:** 0 to 5 grams (g)/serving

Good Choice: 6 to 8 grams (g)/serving

Cholesterol: VV

**Excellent Choice:** 

0 to 25 milligrams (mg)/serving

Good Choice: 26 to 50 milligrams (mg)/serving

Sodium:

✓ ✓ Excellent Choice: 0 to 100 milligrams (mg)/serving

Good Choice: 101 to 200 milligrams (mg)/serving

The guidelines for side dishes, appetizers, and desserts also include an emphasis on fruits and vegetables. A symbol such as 6 should be used on menus to indicate side dishes. appetizers, and desserts that provide at least 1 serving (approximately ½ cup) of fruits or vegetables.

<sup>1</sup> As featured in the book series Healthy Dining (www.healthy-dining.com). | 2 The entrée/meal guidelines are based on 1/3 of the daily nutrition guidelines recommended by leading health organizations. | 3 The calorie, fat, cholesterol, and sodium guidelines for side dishes, appetizers, and desserts are equal to 1/3 of the entrée guidelines.

#### **SAMPLE RECIPES**

For recipes that meet these guidelines, please visit www.cachampionsforchange.net/en/Recipes.php.

## HOW CAN I MAKE MY ONSITE DINING CHOICES HEALTHY?

Working with your employer, send a fax similar to the sample on the right hand side of this page to your onsite food service provider regarding the nutritional quality of food items offered in your dining facilities. Remember to include the Healthy Dining Menu Guidelines as part of your fax.



To download the fax form above, please visit www.networkforahealthycalifornia.net/fitbusinesskit.

