

Airway Heights Corrections Center	Date:	6/13/17
CI IM Commissary	Revision:	17-003
SOP_91 Healthy Nutrition Guidelines	Pages:	4

PURPOSE: Describe how to verify healthy food items that meet Executive Order 13-06 and Washington State's Healthy Nutrition Guidelines.

RESPONSIBILITY: Purchasing Specialist

PROCEDURE: The Correctional Industries (CI) Commissary Purchasing Specialist determines if the item meets the "**Better Choice**" or "**Best Choice**" guidelines.

FOOD

To qualify as a **Best Choice**, the food must:

- Be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient); **OR**
- Have a fruit, vegetable, dairy product, or protein food as the first ingredient; **OR**
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; **AND**

The food must also meet the nutrient guidelines for calories, sodium, sugar, and fats *per serving*:

NUTRIENT	SNACK	ENTRÉE
Calories	200 or less	350 or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	
Saturated Fat	Less than 10% of calories	
Trans Fat	Zero grams	
Sugar	35% by weight or less of total sugars	

EXEMPTIONS

Some foods are exempt from specific nutrient guidelines:

- Exempt from **all nutrient guidelines**: fresh and frozen fruits and vegetables with no added ingredients; canned fruits packed in 100% juice or light syrup with no added ingredients except water; canned vegetables with no salt added/low sodium and no added fat
- Exempt from **only total and saturated fat guidelines**: reduced fat and part skim mozzarella, nuts, seeds, or nuts/seed butters, whole eggs with no added fat
- Exempt from **only total fat guideline**: seafood with no added fat (e.g. canned tuna packed in water)
- Exempt from **only sugar guideline**: dried fruits with no added sugars; dried cranberries, cherries, or blueberries sweetened only for processing with no added fats
- Exempt from **total fat, saturated fat, and sugar guidelines**: trail mix of only dried fruits and nuts and/or seeds with no added sugars or fats

To qualify as a **Better Choice**, the food item must:

- Be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient); **OR**
- Have a fruit, vegetable, dairy product, or protein food as the first ingredient; **OR**
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; **AND**

The food must also meet all but ONE of the nutrient guidelines for calories, sodium, sugar, and fats *per serving*.

NUTRIENT	SNACK	ENTRÉE
Calories	200 or less	350 or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	
Saturated Fat	Less than 10% of calories	
Trans Fat	Zero grams	
Sugar	35% by weight or less of total sugars	

EXEMPTIONS

Items labeled “Reduced” or “Less Sodium” are allowable and do not have to meet whole grain, fruit, vegetable, dairy product or protein food requirement.

CONDIMENTS, SPICES, AND HERBS

BEST CHOICE

Herbs, spices, spice blends, and condiments with no added fats, sugar, or salt.

BETTER CHOICE

Herbs, spices, spice blends, and condiments that meet the following nutrient guidelines per serving:

Sodium	140 mg or less
Sugar	35% by weight or less of total sugars

BEVERAGES

To qualify as a **Best Choice**, the beverage must be:

Plain or carbonated water (any size)
Flavored or Unflavored 1% milk (up to 12 fl. Oz.)
Flavored or unflavored non-fat milk and milk alternatives (e.g. Soy or Almond Milk) (up to 12 fl. Oz.)
100% fruit juice with no added sugars; can be diluted with plain or carbonated water (up to 12 fl. Oz.)

To qualify as a **Better Choice**, the beverage must be:

Low calorie with no more than 60 calories per container (up to 12 fl. Oz.)
No-calorie with no more than 10 calories per container (up to 20 fl. Oz.)

DEFINITIONS

Added sugars: (U.S. Food and Drug Administration (FDA) definition) Sugars that are either added during the processing of foods (or are packaged as such) and contain sugars (free, mono- and disaccharides); Sugars from syrups and honey; Sugars from concentrated fruit or vegetable juices in excess of 100% same volume type expectations.

FDA-recognized examples include: agave syrup, anhydrous dextrose, brown sugar, brown sugar syrup, confectioner's powdered sugar, corn syrup, corn syrup solids, dextrin, dextrose, evaporated cane choice, fructose, high-fructose corn syrup (HFCS), honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, nectars (peach, pear), pancake syrup, raw sugar, sucrose, sugar, white granulated sugar.

Entrée: the main course of a meal that has a combination of:

- Meat/meat alternate + whole grain-rich food; **OR**
- Vegetable + meat/meat alternate; **OR**
- Fruit + meat/meat alternate; **OR**
- Meat/meat alternate alone, except for meat snacks (e.g. beef jerky), yogurt, cheese, nuts, seeds, and nut or seed butters; **OR**
- A grain only (must be whole grain to meet Best Choice)

Meat Alternate: products that do not contain meat and can be a protein source (for example: nut butters or tofu products).

COMPLIANCE

Use the [Alliance for a Healthier Generation Smart Snack Product Calculator](https://foodplanner.healthiergeneration.org/calculator) to check compliance of the food or beverage with Best Choice standards located at:

<https://foodplanner.healthiergeneration.org/calculator>

EXAMPLE

The following example demonstrates Dehydrated Mushrooms (**Best Choice**):

1. Type of product

My Product is a ...

a) Snack

b) Side

c) Entree

d) Beverage

2. The first ingredient of the product

Is the first ingredient* of your product a ...

a) Fruit

b) Vegetable

c) Dairy

d) Protein food

e) Whole Grain

f) None of the above

3. Type of vegetable

What type of vegetable is your product?

- a) Fresh Vegetable
- b) Low sodium/No salt added canned vegetables with no added fats
- c) Frozen Vegetables with no added ingredients except water
- d) Dried vegetables with no added nutritive sweeteners
- e) Potato is the first ingredient
- f) Other

Enter your product's nutrition information per amount SOLD (including all components and accompaniments)*

Nutrition Facts

Serving Size oz (about g) 6

Servings Per Container 1

Amount Per Serving

Calories 25 Calories from Fat

Total Fat (g) 0

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 0

Carbohydrates

Sugars (g) 0

4. This is an example of a **Best Choice** product:

Your product is compliant!

Your vegetable product meets all nutrient standards for entrees or snack foods for sides.

Brand <input type="text" value="America's"/>	Serving Size <input type="text" value="6.00 g"/>
Product <input type="text" value="dehydrated mushrooms"/>	First Ingredient <input type="text" value="dried mushroom"/>

RECORDS

RECORD	LOCATION	RETENTION	OWNER
1.		1yr	