Airway Heights Corrections Center	Date:	6/13/17
CI IM Commissary	Revision:	17-003
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**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

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# 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 qu	alify as a	a Best (	Choice,	the t	peverage	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.)

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### **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**

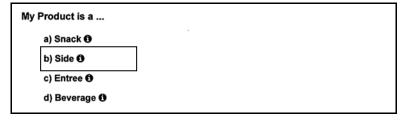
Use the <u>Alliance for a Healthier Generation Smart Snack Product Calculator</u> to check compliance of the food or beverage with Best Choice standards located at:

https://foodplanner.healthiergeneration.org/calculator

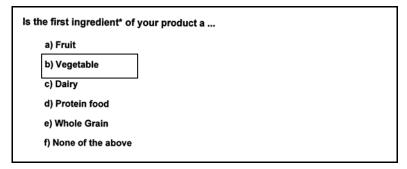
### **EXAMPLE**

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

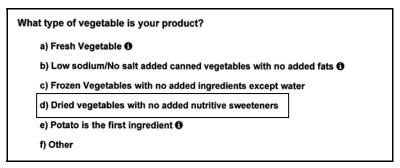
1. Type of product



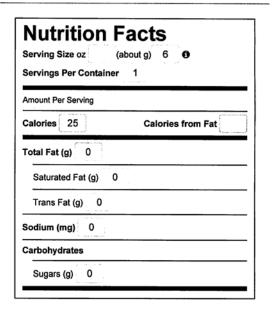
2. The first ingredient of the product



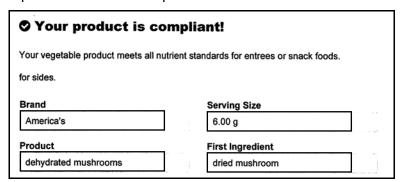
## 3. Type of vegetable



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



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



### **RECORDS**

RECORD	LOCATION	RETENTION	OWNER
1.		1yr	