



PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

WASHINGTON STATE GUIDELINES TO HELP

energize your meetings

2011

Healthy Communities
Washington

Healthy people in healthy places

Everyone

has been to an event where they can hardly keep their eyes open after lunch. If you are planning an event, you want to make sure your participants are energized and productive. By offering access to healthy foods and physical activity you will

- help attendees get the most out of the event
- support their overall health
- help reduce their risk for chronic disease and obesity, and
- model healthy behaviors.

Are you ready to make the healthy choice the easy choice at your meetings and events? Take a look at this guide developed by Washington State Department of Health. You'll find food and beverage standards to strive toward and physical activity suggestions to help you energize your meetings.



Energize your meetings: Food and Beverage Standards

Strive for a five star event. Check the boxes for all standards from one to five stars to offer the healthiest experience for event attendees.

Listed under each standard are suggestions of ways to meet it. For more ideas, see the menu suggestions and the recommended food choices list.

See menu suggestions and recommended food choices list for more ideas.

One Star | ★

- Follow your organization's existing policies and procedures
- Provide a tobacco free environment
- Remember food safety standards when serving food
 - Wash hands before serving foods – inadequate hand washing is a leading cause of foodborne disease
 - Keep hot foods hot and cold foods cold

Two Stars | ★ ★

- Meet the One Star Standard
- Ensure that having food at the event is necessary
- Give participants an opportunity to inform you of dietary needs or restrictions before the event (see Special Dietary Needs)
- Take cultural food needs into account
 - Serve foods that are culturally appropriate for the event attendees
 - Serve pork products separately from other food products
 - Serve meat products on a separate dish from non meat products
 - Provide a vegetarian entrée option at meals

Three Stars | ★ ★ ★

- Meet the Two Star Standard
- Provide water at breaks and meals
- Serve fruit or veggies at light refreshments and meals
 - Raw vegetables with hummus dip and low fat ranch dip
 - Individually packaged servings of baby carrots
 - Fresh fruit tray with low fat yogurt dip
 - Fruit for the dessert
- Provide choice of low calorie beverages when serving beverages other than water
 - Unsweetened iced tea with lemon, diet soft drinks

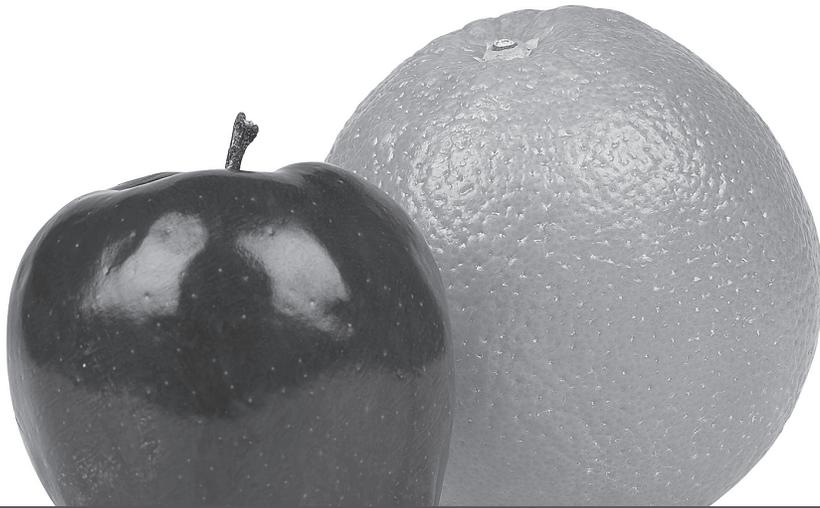
Four Stars | ★ ★ ★ ★

- Meet the Three Star Standard
- Choose whole grains for snacks and meals
 - Whole grain pasta, breads and rolls
- Provide low-fat dairy at snacks and meals
 - Low or reduced fat cheeses (see Recommended Foods & Beverages)
- Serve lean meat and non meat protein options
 - Provide vegetarian choices (see Recommended Foods & Beverages)
 - Lean deli meats (8 grams fat per ounce)

Five Stars | ★ ★ ★ ★ ★

- Meet the Four Star Standard
- Ensure healthy fats in foods
 - Trans fat free baked goods
 - Broth based soup rather than cream based soup
- Provide healthy portion sizes
 - Small or half bagels
 - 3–5 ounce servings of meat
 - Cakes and brownies in small serving sizes (2" square)
- Attempt to serve locally grown foods when possible
 - Ask your caterer about providing local foods
 - Purchase foods from local farmers market
- Provide at least one low-sodium option
 - Sodium recommendations for a full meal: no more than 600 mg sodium
 - Homemade soups, salad dressing, and dips
 - Roasted or grilled meats and fish instead of deli, salted, cured, or smoked meats and fish
 - Lower sodium cheese in 1-ounce servings (see Recommended Foods & Beverages)
 - Breads with 200 mg sodium or less per slice, crackers and other snack foods with less than 150 mg sodium per serving
 - When serving sandwiches, avoid other high sodium foods
 - Refer to pages 8–9 for more information

energize your meetings



Physical Activity Suggestions

How active are your events? Give your participants the chance to be physically active throughout the day using these ten suggestions.

1. Schedule 15 minute breaks in the morning and afternoon
 - Schedule brief (5-10 minute) physical activity breaks led by a group member for the first half of the break
 - Activity should feel safe and fun for all group members
2. Leave time at lunch for physical activity
3. Include physical activity on the agenda so participants can plan appropriately
4. Use ice breakers that involve physical activity
5. To encourage physical activity throughout the meeting tell participants that the dress code is casual
6. If there are stairs, encourage participants to take them
 - Place signs near the elevators telling people where the stairs are
 - Point out location of stairs at beginning of meeting and at breaks
7. Choose a meeting location where participants can easily and safely take a walk
8. Provide participants with maps of the area showing good walking routes
9. If the event is in a hotel, give hours and location of gym or nearby recreational facility
10. Organize an early morning physical activity opportunity at overnight events

menu suggestions

Try to have
vegetarian and
non-vegetarian
entrées, and
plate them
separately.

Breakfast

Prepare recipes with less sodium, and choose pre-made products with no or low sodium content.

- **Low-fat breakfast burrito bar:** Low-fat, whole wheat flour or corn tortillas, scrambled eggs, sautéed onions and peppers, fresh tomatoes, homemade salsa. Serve with fresh fruit tray
- **Oatmeal bar:** Oatmeal with cinnamon, skim milk, raisins, almonds. Serve with assorted seasonal fruits

Plated breakfast example

- **Frittata:** Mushroom and spinach frittata. Serve with whole grain English muffin with jam and unsalted butter or trans-fat free margarine on the side, fresh cantaloupe wedge with purple grapes



Light Refreshments

Prepare recipes with less sodium, and choose pre-made products with no or low sodium content.

- Fresh fruit skewers with low-fat yogurt dip
- Raw vegetables with hummus dip and low-fat ranch
- Light popcorn and unsalted nuts (include soy nuts)
- Low-fat granola bars and fresh fruit
- Whole grain English muffin with peanut butter, low-fat cream cheese, hummus, and whole fresh fruit or vegetables
- Unsalted almonds with dried cranberries or raisins
- Fresh pear slices with mozzarella and Swiss cheese slices
- Trail mix made of dried fruit, roasted unsalted nuts, and seeds
- Parfait made with low-fat granola, low-fat yogurt, and fruit slices
- Quick bread (banana, pumpkin) in small slices. Serve with fruit spread, margarine (no trans fats), hardboiled egg, or whole fresh fruit

Lunch & Dinner



Prepare recipes with less sodium, and choose pre-made products with no or low sodium content.

Boxed lunch examples

- **Chicken taco salad:** grilled skinless chicken breast, lettuce, tomato, bell pepper, onion, homemade salsa, smashed avocado, low-fat sour cream. Serve with baked tortilla chips, fresh fruit, small cookie
- **Boxed salad:** leaf lettuce, sliced tomato, hardboiled egg, fresh raspberries, kidney and garbanzo beans, chopped spinach, diced red onion, shredded carrots, sliced mushrooms, roasted beets, and sliced cucumber with low-fat dressing on the side. Serve with fresh fruit, whole grain roll, and unsalted almonds and sunflower seeds
- **Grilled or roasted chicken sandwich:** whole wheat or rye bread, lean roasted or grilled chicken breast, lettuce, tomato, avocado slices, mustard and low-fat mayonnaise on the side. Serve with baby carrots and fresh fruit

Buffet lunch and dinner examples

- **Deconstructed burrito bar:** grilled skinless chicken or lean pulled pork with vegetarian black beans, sautéed onions and peppers, steamed corn, low-fat cheddar cheese, brown rice, homemade salsa, smashed avocado, tomatoes, leaf lettuce. Serve with side salad with low-fat dressing, sorbet with berries
- **Meat and potatoes buffet:** 3–5 oz portion of baked or grilled fish, skinless chicken, beef, or pork with choice of oven-baked herbed potatoes or herbed wild rice, steamed mixed vegetables. Serve with green salad with low-fat dressing on the side, baked apples with vanilla low-fat frozen yogurt

- **Pasta bar:** whole wheat pasta with marinara sauce, sautéed vegetables, grilled skinless chicken. Serve with spinach salad with dried cranberries and chickpeas, low-fat dressing on the side, angel food cake with berries
- **Potato bar:** baked potatoes with low-fat sour cream, broccoli, low-fat cheddar cheese, green onions. Serve with choice of turkey chili or vegetarian chili, green salad with low-fat dressing on the side, low-fat fruit crisp
- **Soup and salad buffet:** leaf lettuce, tomatoes, mushrooms, roasted beets, unsalted nuts and seeds, sliced red onions, baby spinach, garbanzo beans, hardboiled egg slices, fresh fruit. Serve with soups made with broth or skim milk (not cream) and low-fat yogurt parfait
- **Stir-fry:** choice of skinless chicken breast or tofu with stir-fried vegetables, steamed brown rice, cabbage salad with low-fat dressing. Serve with fresh fruit, fortune cookie

Plated lunch and dinner examples

- **Baked salmon fillet:** fillet of salmon with lemon dill sauce. Serve with baby green salad with choice of low-fat dressings on table, smashed red potatoes, steamed vegetables, and low-fat chocolate pudding with berries
- **Red beans and rice:** spiced red beans and brown rice with smashed avocado, sautéed seasonal vegetables. Serve with seasonal fruit and citrus sorbet
- **Pineapple chicken:** 3–5 oz portions of skinless chicken breast in pineapple, garlic, celery seed, and tarragon marinade, whole grain pasta with sautéed vegetables, garden salad with oil-and-vinegar dressing. Serve with sorbet and fresh seasonal fruit

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Always have fruits or vegetables at meals and light refreshments

Special Dietary Needs

Prepare recipes with less sodium, and choose pre-made products with no or low sodium content.

Vegetarian Diet – free of meat and meat products

Avoid serving meat products

Beef, chicken, pork, other meats • Seafood • Broth made from animal stock

Meat replacements for the vegetarian diet

Dry beans such as kidney, black, garbanzo, and lentils • Soy products such as tempeh and tofu • Nuts and seeds • Low sodium broth made from vegetable stock • Low sodium dairy products • Eggs

Vegetarian menu examples

- **Roasted vegetable and mozzarella wrap box lunch:** Marinated, roasted and chilled eggplant, red and yellow peppers, red onion, zucchini with part skim mozzarella cheese in a whole wheat wrap
Serve with unsalted nuts, cookie, whole fruit
- **Hummus and pita lunch:** Garbanzo bean spread, mozzarella cheese, tomato, onions, smashed avocado, lettuce on whole wheat pita bread. Serve with small salad, light salad dressing, whole fruit, small cookie

Vegan Diet – free of animal products

Avoid serving animal products

Beef, chicken, pork, other meats • Seafood • Dairy products • Eggs • Honey • Animal gelatin • Broth made from animal stock

Meat replacements for the vegan diet

Beans such as kidney, black, garbanzo, and lentils • Soy products such as tempeh and tofu • Unsalted nuts and seeds • Low sodium broth made from vegetable stock

Vegan menu examples (also appropriate for vegetarian diet)

- **Roasted vegetable wrap box lunch:** Marinated and roasted eggplant, red and yellow pepper, red onion, zucchini in a whole wheat wrap. Serve with unsalted nuts, dark chocolate square, whole fruit
- **Portobello mushroom entrée:** Marinated and grilled Portobello mushroom filled with polenta, grilled vegetables, and fresh herbs. Serve with roasted mushroom tomato ragout, fresh fruit
- **Grilled tempeh and pasta entrée:** Grilled fermented soy bean cake with sautéed zucchini and vegetables in a light tomato sauce served over pasta. Serve with fresh fruit

Sample Registration Question

Special Dietary Requests (*check one or more*):

- Vegetarian
- Vegan
- Dairy free diet
- Gluten free diet
- Food allergies other than gluten: _____
- Other: _____

Dairy-free Diet – free of dairy foods or foods derived from dairy products

Avoid sources of dairy

Milk in any form • Cheese in any form • Cottage cheese, cream cheese, and sour cream • Yogurt, frozen yogurt, sherbet • Ice cream and ice milk • Half and half, whipping cream, and coffee cream • Pudding, custard • Butter, including artificial butter flavor • Ghee • Margarine (unless labeled “dairy free” or Kosher) • Casein and caseinates • Whey • Rennet • Lactose and lactulose • Lactalbumin and lactoglobulin • Curd
from www.balancemindbodysoul.com/diets.html

Replacements for dairy products

Low sodium soy cheese • Soy products, such as tempeh and tofu • Soy, rice or lactose free milk • Low sodium broth made from meat vegetable stock or tomatoes • Vegan margarine

Gluten-free Diet – free of foods derived from gluten-containing cereals

Avoid sources of gluten

Barley • Bran • Couscous • Flour (wheat) • Kamut • Malt • Matzo • Pasta • Rye • Seitan • Semolina • Soy Sauce • Spelt • Sprouted wheat or barley • Teriyaki sauce • Triticale • Udon • Wheat • Beer • Brewer’s yeast • Coloring • Fillers • Flavorings • Graham flour • Hydrolyzed plant protein • Hydrolyzed vegetable protein • Mono- and diglycerides • Monosodium glutamate (MSG) • Spices • Textured vegetable protein
from www.balancemindbodysoul.com/diets.html

Gluten free menu examples

- Stir fry entrée with rice
- Pasta entrée with rice noodles or gluten free noodles
- Burrito, taco, or quesadilla with corn tortilla
- Breakfast items: eggs, omelets, gluten free pancakes, and waffles

Sodium Guidelines for Caterers and Meeting Planners

sodium guidelines

The average American eats too much sodium. Eating too much sodium raises blood pressure. High blood pressure can lead to heart disease and stroke, which are the nation's first and third leading causes of death. Most – 90 percent – of the sodium we eat is in the form of salt. More than 75 percent of this sodium comes from pre-packaged foods and restaurant meals. You can do your part to improve health by lowering the sodium content of foods you provide or order.

The Dietary Guidelines for Americans recommend that people consume no more than 2300 mg of sodium a day – about 1 teaspoon of salt. People with high blood pressure, diabetes, or kidney disease, people 51 or older or African Americans of any age, should consume no more than 1500 mg of sodium a day – about $\frac{2}{3}$ teaspoon of salt.

The five-star standard in Energize Your Meetings recommends no more than 600 mg sodium per person per meal – $\frac{1}{4}$ teaspoon of salt – or 200 mg sodium per person per snack – $\frac{1}{10}$ teaspoon of salt.

Surprisingly Salty

Consume no more than 2300 mg of sodium a day, about one teaspoon of salt.

Dairy products

Choose cheeses with less than 200 mg of sodium per serving.

Cold breakfast cereals and instant hot cereal

Choose products with 200 mg or less of sodium per serving.

Bread

If bread is served, do not serve other high-sodium foods. Choose products with 200 mgs sodium or less per slice, and consider serving half sandwiches.

Condiments

Choose condiments in portion-controlled containers, with no more than 75 mg sodium per serving.



General Tips for Reducing Sodium

- Minimize the use of processed products. If this is not an option, read labels to find the lowest-sodium versions.
- Select whole foods, such as fruits, vegetables, lower-sodium dairy products, whole grains, dry and fresh beans and peas, unsalted nuts, eggs, and minimally processed meats whenever possible (see Recommended Foods & Beverages).
- Avoid pickled and brined foods, and read labels to limit portions when offering olives.
- Let your manufacturers and suppliers know that you are interested in lower-sodium products.
- For more information, visit the American Heart Association – www.heart.org – and search for “salt habit.”

tips for
reducing
sodium

Caterers:

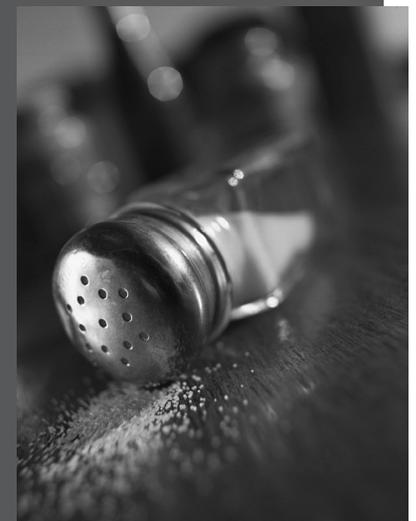
Tips for delicious and healthy low-sodium cooking

- When making salad dressings, soups, sauces, or marinades, use no more than 3/4 teaspoon of salt or 2 tablespoons of soy sauce in every 10-portion batch.
- Try using intensely flavored herbs, spices, low-sodium liquids, and salt-free seasonings, such as vinegar, lemon juice, wine, and fruit juices.
- Drain the liquid from and rinse canned foods.
- Use oil or unsalted butter instead of salted butter when possible.
- Be aware that baking soda, baking powder, monosodium glutamate (MSG), disodium phosphate, sodium alginate, sodium nitrate, and nitrite all contain sodium.
- Roasted, grilled, broiled, baked, poached or steamed meats and fish are much lower in sodium than salted, cured, deli, or smoked meats and fish.
- Make sauces, dressings, soups, and condiments from scratch if possible, and serve dressings, sauces, and condiments on the side.
- Be creative by adding low-sodium whole foods to processed products. For example, add diced fresh tomatoes or canned tomatoes with no salt added to canned tomato sauce or dilute low-sodium soy sauce with vinegar at a 1:1 ratio.
- Looking for more strategies to reduce salt in your menu? Visit Nation’s Restaurant News – www.nrn.com – and search for “low-sodium recipes.”

Meeting Planners:

Tips for choosing low sodium options

- Choose packaged products with no more than 10 percent of daily value of sodium per serving listed on their food label.
- Offer fresh vegetables rather than canned. If offering frozen vegetables, read the label to make sure they do not contain salt.
- Ask your caterer to prepare soups, salad dressings, dips, and meat marinades from scratch to control sodium content.
- Offer lower sodium dairy products in 1-ounce serving sizes, and freshly roasted and cooked meats and fish rather than salted, cured, deli, or smoked meats and fish (see Recommended Foods & Beverages)
- Looking for tips on reading labels? Visit the U.S. Food and Drug Administration – www.fda.gov – and search for “nutrition labeling.”



Recommended Foods & Beverages



BEVERAGES	RECOMMENDED	Not Recommended
Coffee	Served with non fat (skim) or low fat (1%) milk	Served with half and half
Juice drinks	100% fruit or vegetable juice	Fruit or vegetable drinks, including full sodium tomato juice and “ades”
Milk	Non fat (skim) or low fat (1%) milk, enriched low fat soy	Reduced fat (2%) or whole milk
Soft drinks	Diet soft drinks or reduced calorie “ades”	Full calorie soda or “ades”
Tea	Unsweetened iced tea with lemon slices or hot tea	Sweetened iced tea
Water	Provide as an option at every meal	Flavored waters with more than 5 grams of sugar per serving
FOODS	RECOMMENDED	Not Recommended
Bagel	Mini (2 ½”) or small-medium (2 ½”–3 ½”) or cut in half, whole wheat, whole grain, rye, or pumpkinnickel, not served with other high sodium foods	Large (greater than 3 ½”), “salt” bagels
Baked goods	Small slices of quick bread (such as pumpkin, oatmeal, and banana), lower fat lower sugar granola bars, or small muffins (made without trans fats or partially hydrogenated oil), whole grain pancakes less than 4” made from scratch	Doughnuts, sweet rolls, pastries, and large muffins
Bread	Good source of fiber, whole wheat, whole grain, rye, or pumpkinnickel, 200 mg or less of sodium per slice, not served with other high sodium foods	White or “wheat”
Cake	Small slices (2”) or low fat cake (such as angel food cake), served with fruit, not served with other high sodium foods	Large slices or high fat cake (such as cheesecake)
Cereal	Whole grain, good source of fiber, lightly sweetened or unsweetened cereal (such as low fat granola or oatmeal), non-instant oatmeal, less than 200 mg sodium per serving	Highly sweetened, low fiber, instant oatmeal
Cheese	Low or reduced fat cheeses (such as part skim mozzarella, skim ricotta, light cream cheese, reduced calorie Cheddar, jack, Parmesan, Swiss, low fat American); low sodium cheeses (such as American, caraway, Cheshire, Colby, Cheddar, light cream cheese, Gruyere, hard and semi-soft goat cheese, Monterey, Muenster, Mexican chihuahua or queso asadero, Swiss and other products labeled “low sodium”)	Large slices or cubes, processed cheese unless labeled “low sodium”, higher sodium cheeses such as bleu or Roquefort, Edam, feta, Gorgonzola, Romano, Parmesan, or Provolone
Chips	Baked chips, pretzels, whole grain chips, not served with other high sodium foods	Full fat chips
Condiments	Ketchup, mustard, or low-fat mayonnaise, low sodium soy sauce in 1 tsp portions, lemon juice, vinegar, homemade salsa, guacamole, no or low sodium seasoned salts	Regular soy sauce, tartar sauce, teriyaki sauce, steak sauce, full-sodium seasoned salts, barbeque sauce
Crackers	Low or reduced fat, whole grain, brown rice crackers, whole wheat crackers, sodium below 150 mg per serving	Full fat, not labeled “whole grain”, sodium above 150 mg per serving
Desserts	Lower fat, lower calorie desserts (such as fresh fruit, low fat ice cream, low fat frozen yogurt, sherbet, sorbet, angel food cake with fruit and light whipped cream, or yogurt parfait with fruit and low fat granola)	High fat, high calorie desserts (such as ice cream, cheese cake, pie, cream puffs, large slices of cake)
Dips	Salsa, low fat cottage cheese, hummus, reduced or low fat salad dressing and dips made from low fat mayonnaise, low fat sour cream or reduced fat cream cheese	Dips made from mayonnaise, full fat sour cream, cream cheese, or cream sauce
English muffin	Whole wheat English muffin, not served with other high sodium foods	White English muffin
Fruit	Fresh, dried, canned in juice, frozen	Sweetened, canned in syrup

continued

FOODS	RECOMMENDED	Not Recommended
Meatballs	Made with lean meat or turkey, served in broth or vegetable based sauce	Made with high fat meat, served in gravy or high fat, high sodium sauces
Meat	Healthy cooking methods (grilled, broiled, baked, poached, steamed, or roasted), lean meats (poultry without skin, fish, lean beef), always offer a non meat entrée option	Unhealthy cooking methods (pan fried, cured, smoked, brined, deep fried), high fat meats (poultry with skin, bacon, sausage, and high fat cold cuts)
Pasta salad	Whole wheat pasta made with reduced or low fat mayonnaise or mayonnaise cut with sour cream, low sodium oil and vinegar based dressing, freshly made dressing	Made with mayonnaise or a cream based dressing, with high sodium and commercially prepared dressings unless "low sodium"
Pickled or brined foods	Not recommended.	Pickles, olives, sauerkraut, brined foods
Pizza	Made with thin whole wheat crust, topped with tomato sauce, a thin layer of part skim mozzarella cheese, and vegetables, 450 mg of sodium or less per serving, not served with other high sodium foods	Made with thick crust, topped with high fat cheese and pepperoni, Italian sausage, or other high fat meats, more than 450 mg of sodium per serving
Popcorn	Reduced or low fat or "lite"	Buttered, salted
Potatoes	Baked and served with low fat sour cream and vegetable toppings	Baked and served with butter, sour cream and bacon bits
Rolls	Whole grain rolls, consider not serving rolls, 200 mg of sodium or less per roll, not served with other high sodium foods	Croissants or white rolls
Salad dressing	Served on the side, low fat or fat free, freshly made with low sodium ingredients, oil and vinegar	Full fat and high sodium served on the salad
Salad toppings (non-dressing)	Fresh fruits and vegetables, dried fruits, unsalted nuts and seeds, hardboiled eggs, low sodium or rinsed beans, canned fruit in juice, canned vegetables with low or no sodium, cooked vegetables	Bacon bits, pre-prepared croutons, cheese containing more than 200 mg of sodium per 1oz serving (see "cheese" for recommendations)
Sandwich bread	Good source of fiber, whole wheat, whole grain, rye, or pumpernickel, 200 mg or less of sodium per slice, not served with other high sodium foods	Croissants, white bread, or "wheat" bread that does not say "whole wheat"
Sauces	Sodium lower than 200 mg per serving, homemade, cut high sodium sauces with fresh and low sodium products	Cream-based, sodium greater than 200 mg per serving
Seafood	Healthy cooking methods (broiled, grilled steamed, baked or poached), served with reduced or low fat and low sodium cocktail sauce in 1 tsp servings, fish packed in water, canned fish with 290 mg of sodium or less per serving	Unhealthy cooking methods (deep fried, brined), served in high fat high sodium sauces, fish packed in oil
Soups	Made with reduced sodium broth, reduced sodium boullion cubes, vegetable puree or skim milk, vegetables and meat	Made with cream or half and half, only meat, sodium exceeds 300 mg per serving
Spreads	Light margarine (without trans fats), reduced or low fat cream cheese, spreadable fruit, jam, nut butters (without trans fats)	Butter, cream cheese, spreadable cheese
Sweets	Fresh fruit with low fat yogurt dip, small cookies, muffins cut in half or small muffins, small pieces of dark chocolate, hard candies	Large cookies, muffins
Vegetables (cooked)	Healthy cooking methods (steamed, grilled, baked), marinated in oil, vinegar and spices	Unhealthy cooking methods (fried, heavily salted), served in cream sauce or butter
Vegetables (uncooked)	Fresh cut and served with low fat lower sodium dressing, salsa, or hummus, canned with no salt added	Served with high fat and high sodium dip, canned with salt
Yogurt	Light yogurt (low fat or low calorie), plain unsweetened with fruit and sweetener on the side	Full fat, high calorie

DEFINITIONS:

Lower sugar = less than 15g per 100 gram serving

Fat Free = less than 0.5 grams per serving

Low Fat = 3 grams or less per serving

Reduced Fat = Fat reduced by at least 25% from original product

Good Source of Fiber = 2.5 or more grams per serving

Sodium free = less than 5 mg per serving

Very low sodium = 35 mg or less per serving, or for a meal 35 mg or less per 100g

Low sodium = 140 mg or less per serving, or for a meal 140 mg or less per 100g

Reduced/less sodium = 25% less sodium per serving than appropriate reference food

From U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition: Sodium recommended for a full meal is 600 mg or less, based on the USDA 2010 Dietary Guidelines for Americans recommendation of 2300 mg or less per person per day.



For more information, visit the Nutrition and Physical Activity Program online at www.doh.wa.gov/cfh/NutritionPA or call 360-236-3754.

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University of Minnesota School of Public Health, Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events