








# HEALTHY PICKS

## SUMMARY

### KAISER PERMANENTE'S HEALTHY PICKS CRITERIA FOR CATERING

Kaiser Permanente aspires to improve the health of our members, employees, our communities, and the environment. The goal of the healthy catering policy is to ensure that all KP physicians and employees have healthy food options at KP-sponsored meetings, events, and celebrations. Menu items must meet the Healthy Picks criteria, Kaiser Permanente's evidence-based standards for good nutrition, summarized below.

SUMMARY OF HEALTHY PICKS CRITERIA		
<b>TOTAL CALORIES</b>		<ul style="list-style-type: none"> <li>» As a guide, a meal should not exceed 700 calories</li> <li>» Entrees are less than 525 calories*</li> <li>» Side items and snacks are less than 200 calories**</li> </ul>
<b>FAT</b>		<ul style="list-style-type: none"> <li>» Healthy fats such as olive oil, canola oil, or other non-hydrogenated fats</li> <li>» No trans fats or deep-fat fried food</li> <li>» Salad dressings must be small portions, 1 ounce or less, made with healthy oils listed above</li> <li>» Must contain less than 10 percent calories from saturated fat</li> </ul>
<b>PROTEIN</b>		<ul style="list-style-type: none"> <li>» Plant-based proteins (legumes, beans, or tofu), fish, chicken, or turkey preferred</li> <li>» Lean beef or pork items that contain no more than 15 percent fat</li> <li>» Preferred cooking methods: roasted, baked, broiled, poached, or grilled</li> <li>» Nuts and seeds – plain or with spices (not candy-coated or yogurt-coated)</li> <li>» Restrict processed meats and items containing nitrates/nitrites, such as hot dogs, sausages, and deli meats</li> </ul>
<b>CARBOHYDRATES – GRAINS, STARCHES, BREADS AND CEREALS</b>		<ul style="list-style-type: none"> <li>» Must be a carbohydrate in its “whole” form, such as barley, brown rice, buckwheat, bulgur, corn, millet, oatmeal, popcorn, quinoa, and wild rice</li> <li>» Packaged and processed foods such as pasta, breads, baked goods or cereals must be at least 51 percent whole grains or whole grain flours</li> </ul>
<b>CARBOHYDRATES – FRUITS AND VEGETABLES</b>		<ul style="list-style-type: none"> <li>» Fruits or vegetables (fresh, frozen, canned, or dried) without added sugar or salt preferred</li> <li>» Canned fruits packed in their own juice, water, or light syrup</li> <li>» Pre-made salads or pre-cut vegetables served with healthy dressings</li> </ul>

\* Entree definition: a protein with one grain, fruit, or vegetable component.

\*\* Side item definition: one food group component, such as a side salad, vegetable, or single items foods. Includes desserts.



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### SUMMARY OF HEALTHY PICKS CRITERIA *continued*

<p><b>DAIRY PRODUCTS</b></p>		<ul style="list-style-type: none"> <li>» Reduced-fat dairy products such as milk and yogurt</li> <li>» Dishes with cheese must contain less than 10 percent calories from saturated fat OR use low-fat cheese</li> </ul>
<p><b>SUGAR</b></p>		<ul style="list-style-type: none"> <li>» Food items must contain no more than 15 grams of added sugar, except for breakfast items, which must contain no more than 6 grams of added sugar per serving</li> <li>» Sugar requirements do not apply for fresh produce, dried fruits without added sugar, dairy products without added sugar, and canned fruits in their own juices</li> </ul>
<p><b>SALT/ SODIUM</b></p>		<ul style="list-style-type: none"> <li>» Entrees may contain no more than 600 mg sodium</li> <li>» Side items and snacks items may contain no more than 200 mg of sodium</li> <li>» OR a meal may contain no more than 800 mg of sodium</li> </ul>
<p><b>BEVERAGES</b></p>		<ul style="list-style-type: none"> <li>» Water or flavored water, still or sparkling, with no added sweetener or sugar</li> <li>» Unsweetened coffee or tea</li> <li>» Low-fat milk that is not chocolate or flavored milk</li> <li>» 100% fruit or vegetable juices with less than 150 calories and less than 140 mg sodium per serving</li> <li>» Smoothies without added sugar and less than 150 calories per serving</li> </ul>
<p><b>SUSTAINABILITY GUIDELINES</b></p>		<ul style="list-style-type: none"> <li>» Source sustainable ingredients when feasible to support Kaiser Permanente's 2025 vision of 100% sustainable food. This includes meeting any one of several criteria, including local; organic; non-GMO; fair trade; hormone and antibiotic-free; humanely raised; and more. See the full list of sustainable criteria at <a href="http://kp.org/healthycatering">kp.org/healthycatering</a>.</li> </ul>