



Kaiser Permanente Healthy Picks Program Guide

Healthy Food Program

Healthy Profiles

Healthy Criteria

Sustainable Food Criteria

Plant-Based Requirements

Healthy Picks Committee

June 2018

Healthy Picks Program

Kaiser Permanente defines healthy food as food with robust taste within a plant based to Mediterranean diet spectrum that meets both healthy nutrient profiles and sustainable food criteria at an affordable price point.

Evidenced based research is used to define nutritional criteria and profiles of Healthy Picks.

Making the healthy choice, the easy choice . . .

Kaiser Permanente has adopted healthy profiles:

60% Healthy Entrees

60% healthy Sides

Plant-based requirements

80% Healthy Beverages - no sweetened cold beverages

Healthy only marketing

Menu labelling with calories

No deep fryers or fat laden foods

Daily Required Intake (DRI's) values are evaluated for all patient non-select menus for regulatory compliance. Diet manual will reflect nutritional adequacy of each diet based on DRI's.

Vision 2025 - 100% Sustainable Food and Recycling

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Healthy Menu/ Recipe Decision Tree

No Deep fried or fat laden foods. If inapplicable, go to next step

Profile: 1 Serving pre-fried, par-fried and flash-fried items meets this nutrient profile

- Less than 10% calories from saturated fat
- Less than 35% calories from fat
- Less than 200 calories

Define if Entrée or Side or Snack?

Entrée- Minimum portion= 1.5 oz Protein (*plant based/ fish/ poultry/ meat/ dairy*)
with 1.5 equivalent whole grain, 1 c fruit or 1 c veg

Example: sandwich, casserole, lasagna, center of plate soup, entrée salad

Side or Snack- one food group component.

Example: side salad, vegetable, side soup, single item

Source sustainable ingredients when feasible to support Vision 2025 - 100% sustainable food goal.

Refer to KP Sustainable Food criteria.

Source Plant-Based items when feasible to provide diverse plant-based options. Refer to Plant-Based Guidelines.

Establish nutritional profile

Does entrée meet healthy profile?

Nutrient Profile:

- Less than 525 calories
- Less than 10% calories from saturated fat
- 0 g artificial trans fat
- Less than 600 mg sodium

Does side or snack meet healthy profile?

Nutrient Profile:

- Less than 200 calories
- Less than 10% calories from saturated fat
- 0 g artificial trans fat
- Less than 200 mg sodium

Is taste profile acceptable

Yes

Enter data into CBORD for patient and cafeteria menus.
Evaluate nutritionals and make changes as needed.

Implement

No

Revise ensuring alignment with profile.

HEALTHY PICK PROFILE

Healthy Beverages

Standard:

- 80% Healthy Hot Beverages
- 100% Removal of cold sugar sweetened beverages and beverages listed as not allowed (includes sweeteners with calories, high fructose corn syrup, honey, agave nectar, maple syrup)

Profile:

- Less than 150 calories per container
- Less than 140 mg sodium per container

Not Allowed:

- Sugar sweetened sodas
- Energy drinks (regular and sugar free) with caffeine
- Juice drinks that are not 100% juice and more than 150 calories
- Beverages that contain high fructose corn syrup
- Fermented beverages
- Whole milk

Note: Condiments added by the consumer at coffee bars are not counted as a part of the calorie count

Removal of Deep Fat Fryer and Fat Laden Foods and Snacks

Standard:

- Deep fried foods will not be featured as a menu item, entrée, side or snack.
- Deep Fat Fryers are not allowed in KP owned buildings

Profile: Pre-fried, par-fried and flash-fried items served that meet this nutrient profile

- Less than 10% calories from saturated fat
- Less than 35% calories from total fat and
- Less than 200 calories

Not allowed: Doughnuts, pastries, chips, French fries and all other foods that do not meet the nutrient profile

Healthy Entrees / Sides / Snacks

Standard: 60% of entrees, 60% sides and 60% of snacks will meet healthy standard (non-beverage service) and Vending – 90% healthy and 10% dark chocolate (70% cacao)

Profile:

Healthy Entrée - must meet nutrient and food profile

Nutrient Profile:

- Less than 525 calories
- Less than 10% calories from saturated fat
- 0 g trans fat
- Less than 600 mg sodium

Food Profile - at least two food components:

- 1.5oz equivalent serving of lean meat/poultry/fish/alternative **OR** 1 cup equivalent dairy

AND ONE of the following:

- 1.5 oz. equivalent serving of whole grain rich grain
*Preferred: When using a bread, use 100% whole grain bread
1 slice 100% whole grain bread = 1 grain equivalent*
- 1 cup equivalent fruit
- 1 cup equivalent non-fried vegetable
- ½ cup equivalent fruit AND ½ cup equivalent non-fried vegetable

Healthy Sides and Snacks

Nutrient Profile:

- Less than 200 calories
- Less than 10% calories from saturated fat
- Less than 35% calories from fat
- No artificial trans fat
- Less than 200mg of sodium

Healthy Snack Side Food Profile- sides represent one food component

Healthy Snack Note: Whole grain snacks, nuts, nuts with spices and meeting sodium level, minimally processed snacks that align are preferred.

Dark chocolate is not considered a Healthy Pick but may represent a part of your 40% mix of the unhealthy side profile on menus or 10% profile in vending

Dark chocolate must be at least 70% cocoa: plain chocolate, with nuts or unsweetened fruits

Healthy Marketing

Standard:

- Marketing will feature healthy only marketing of items allowed.
- Pictures will feature healthy only focus

Profile:

Healthy only foods such as:

- Fruits
- Vegetables
- Whole grains
- Nonfat dairy
- Healthy proteins – seafood, chicken, legumes, nuts
- Food that meet PHA standards of MyPlate food equivalents
- Flowers
- Activity pictures

Not allowed:

- Calorie and sugar laden foods such as cookies, cakes, desserts, pastries
- Refined or processed foods
- Fried food
- Unhealthy fats or fat laden foods
- Sweetened beverages - including sugary blended hot or cold drinks

Preferred Practice:

- Water, infused water, sparkling water without caloric additives
- Coffee and teas without caloric additives or artificial sweeteners
- Low fat milk (1%) and nonfat milk
- Unsweetened almond, soy or rice (calcium and vitamin D fortified) milk
- Glass containers are not recommended due to workplace safety

Menu Labelling

Standard: Calories labelled on menus: cafeteria, coffee cart and vending. Excluded: patient menus

Optional: Other nutrients

Healthy Checkout

Standard: Check out area will feature healthy foods for impulse buys within 5 feet of cafeteria cash register. Check out area will feature healthy foods for impulse buy at eye level at coffee carts.

Profile: Healthy Snack

- Less than 200 calories
- Less than 35% calories from fat
- Less than 200 mg of sodium

Note: Whole grain snacks, nuts, nuts with spices and meeting sodium level, minimally processed snacks that align are preferred.

Dark chocolate must be at least 70% cocoa: plain chocolate, with nuts or unsweetened fruits

Preferred Practice: Fruit prominently displayed

Not Allowed: Candy; candy, sugar or yogurt coated nuts

Adult Wellness Meal

Standard:

- Patient and Cafeteria menus will feature 3 wellness meals as examples to assist members to make selections
- Coffee carts have the option to feature wellness meals
- Meals catered from outside will meet this profile

Profile: Adult Wellness Nutrient Profile

- Less than 700 calories
- Less than 10% calories from saturated fat and no trans fat
- Less than 800 mg of sodium

Profile: Adult Wellness Food Profile Minimums

- 2 oz. plant based protein or lean fish, poultry, or lean meat
- 2 oz equivalent serving whole grain based on USDA guidelines
*Best Practice: When using bread, use 100% whole grain bread
1 slice 100% whole grain bread = 1 grain equivalent*
- 3/4 c fruit equivalent
- 3/4 c non-fried vegetable equivalent
- 1 cup low fat or equivalent dairy (6 oz low fat yogurt is acceptable)

Children Wellness Meal

Standard:

- Patient and Cafeteria menus will feature 1 wellness meal as examples to assist members' pediatric selections
- Coffee carts have the option to feature wellness meals

Profile: Children Wellness Nutrient Profile

- Less than 560 calories
- Less than 10% calories from saturated fat and no trans fat
- Less than 665mg of sodium

Profile: Children Wellness Food Profile Minimums

- 1.75 oz. plant based protein or lean fish, poultry, or lean meat
- 1.75 oz equivalent serving whole grain based on USDA guidelines
*Best Practice: When using bread, use 100% whole grain bread
1 slice 100% whole grain bread = 1 grain equivalent*
- 1/2 c fruit equivalent
- 3/4 c non-fried vegetable equivalent
- 1 cup low fat or equivalent dairy (6 oz low fat yogurt is acceptable)

Healthy Pick Nutrition Criteria

Used in Conjunction with Healthy Picks Profiles

Evidence based research has defined the criteria. When there are incidences of higher standards defined in evidence based research, the Healthy Picks committee deemed it noteworthy and has used the terminology "Preferred" to designate. The spectrum of healthy standards in conjunction with healthy profiles is used to define Healthy Picks.

Fats

- Salad dressing calories should be incorporated into entrée or side calorie level
- Preferred Salad dressings: small portions 1oz or less, made with canola oil, soybean oil, olive oil or non-hydrogenated fat.
- Must be a healthy fat such as olive oil, canola oil or margarine made without trans fat

Protein

- Preferred protein source: plant based proteins, legumes, beans, tofu, fish, chicken, turkey
- Preferred cooking methods: roasted, baked, broiled, poached, grilled
- Nuts and seeds - plain or with spices and no candy/ yogurt coating
- Lean beef or pork items that contain no more than 15% fat

Carbohydrates – Grains, Starches, Breads and Cereals

- Must be a carbohydrate in its “whole” form, such as brown rice, buckwheat, bulgur, millet, whole oats/oatmeal, popcorn, quinoa, rolled oats, whole-grain sorghum, whole grain triticale, whole grain barley, whole grain corn, whole rye, whole wheat, wild rice
- Packaged foods and processed foods such as pasta, baked goods, or cereals must list a whole grain contains whole grains at least 51 percent whole grains and the remaining grain content of the grain is enriched. Usually when whole grain is featured as first ingredient, the item is at least 51%. School standard specifications will list the percentage.

Fruits and Vegetables

- Pre-made salads or pre-cut vegetables served with healthy dressings that do not exceed profile calorie requirements
- Preferred: Salad dressings be small portions, 1oz or less, made with canola oil, soybean oil, olive oil or non-hydrogenated fat may be used.
- Preferred: Fresh, frozen, or dried fruit or vegetable without added sugar or salt
- No deep fried vegetables
- Canned fruits in juice, water packed or light syrup

Dairy Products




- Yogurt / cottage cheese Reduced fat, 1% or non-fat dairy products
- Cheese must be low-fat or non-fat or less than 10% saturated fat
- Frozen dairy items 1% or non-fat varieties
- Coffee carts may use 2% milk for beverage recipes.

Sugar

- No more than 15 gm of added sugar per serving for any food item, including baked goods, desserts, snacks, and yogurts.
- Preferred: 6 gm of added sugar per serving for any food item, including baked goods, desserts, snacks items, cereals and yogurts.
- Naturally occurring sugars, in foods such as fresh fruits and vegetables, dried fruits without added sugar, unsweetened dairy products, and canned fruits in their own juices, do not count toward the added sugar total.

Processed Foods

- Processed meat products include bacon, deli slices, sausage, hot dogs, and any other meat products that have added chemical preservatives such as nitrites/nitrates will be eliminated.
- Whole muscle meat with salt infused or salt added without chemical preservatives and used in entrees and sandwiches will fall under healthy Picks profile criteria for compliance.

Food must meet one criteria to meet sustainable definition			FOOD CATEGORY															
Criteria	Logo	Description	Dairy	Eggs	Poultry	Beef	Pork	Lamb	Farmed Fish/Seafood	Wild Fish/Seafood	Oils	Legumes	Grains	Coffee	Tea	Produce	Nuts	Other, including processed foods
I. Monterey Bay Seafood Watch-Super Green or Healthy "Best" Choice	Refer to Monterey Bay Aquarium website for list of logos accepted under Super Green or Healthy "Best" Choice. http://www.seafoodwatch.org/consumers/seafood-and-your-health	Seafood meeting Super Green or Healthy "Best" criteria on the Monterey Bay Aquarium Seafood Watch "super green" list meets the following three criteria: a) Low levels of contaminants (below 216 parts per billion [ppb] mercury and 11 ppb PCBs), b) The daily minimum of omega-3s (at least 250 milligrams per day [mg/d]) and c) Classified as a Seafood Watch "Best Choice" (green). Other Healthy "Best Choices" are low in contaminants and provide a smaller amount of omega-3s (between 100 and 250 mg/d, assuming 8 ounces of fish per week) http://www.seafoodwatch.org/consumers/seafood-and-your-health							X	X								
II. Monterey Bay Seafood Watch "Best Choice" or "Good Alternative"		"Best Choice" or "Good Alternatives" standards on the Monterey Bay Aquarium's Seafood Watch West Coast Guide meet the sustainability criteria. Website: http://www.seafoodwatch.org/seafood-recommendations							X	X								
Rainforest Alliance Certified		The most popular environmentally friendly certification for coffee as well as tea, cocoa, and fruits, Rainforest Alliance requires alternatives to chemical and pesticide use, erosion control, restricted water use, and ecosystem management efforts. Shade-cover requirements are not as demanding as Bird Friendly coffee. Minimum standard for coffee blends is 30% of beans must be Rainforest Alliance certified to bear the logo. LTG is to expand to 90% of the beans in blends are certified. Website: www.rainforest-alliance.org/index.cfm												X	X			Fruits
Protected Harvest		Certifies that crops have been raised with integrated pest management (IPM). Certain pesticides are prohibited and GMOs are explicitly prohibited. Emphasis is also placed on field management, insect management, disease management, soil and water quality, storage management and chain of custody. Website: www.protectedharvest.org														X		

Allowed Label Claims should be verified with the USDA Shield

When purchasing poultry or meat that meets one of the below criteria, look for the USDA Processed Verified Verified Shield **AND** FDA label claim (e.g., "Raised without antibiotics"). USDA serves as third party certifier.



USDA-APPROVED LABEL CLAIMS

The U.S. Department of Agriculture (USDA) allows the following label claims. Note that no third-party audit is required to use these claims without the Process Verified Seal. For this reason we strongly encourage purchasers to review the [Official Listing of Approved USDA Process Verified Programs](#).

Raised without antibiotics (chicken and turkey)		
Allowed label claim: ✓ Raised without antibiotics ✓ No antibiotics administered ✓ No Antibiotics Ever (NAE) ✓ No added antibiotics	Antibiotics - Please review the USDA Processed Verified Program for the company-specific practices regarding antibiotic usage. Practices may include the following: <ul style="list-style-type: none"> ● No antibiotics ever (NAE) ● No antibiotics used for growth promotion—antibiotics only used for treatment & prevention of illness. ● No antibiotics used that are important to human medicine as defined by the World Health Organization. 	Chicken and Turkey
Raised without antibiotics (beef and pork)		
Allowed label claim: ✓ Raised without antibiotics ✓ No antibiotics administered ✓ No added antibiotics	Antibiotics - Please review the USDA Processed Verified Program for the company-specific practices regarding antibiotic usage. Practices may include the following: <ul style="list-style-type: none"> ● No antibiotics ever (NAE) ● No antibiotics used for growth promotion—antibiotics only used for treatment & prevention of illness. ● No antibiotics used that are important to human medicine as defined by the World Health Organization 	Beef and Pork
No hormones added		
	<ul style="list-style-type: none"> ● Hormones - Documentation showing no synthetic hormones have been used in raising the animals ● Living Conditions - Does not guarantee specific living conditions 	Beef, Lamb

APPROVED CLAIM: Hormones are only approved for use in beef cattle and lamb production. They are not approved for use in poultry, hogs, veal calves or exotic, non-amenable species. Therefore, the phrase "*no hormones administered*" on a chicken label cannot be approved unless it is followed (directly) with the statement "Federal regulations prohibit

Unacceptable Sustainable Food Claims

Claims are statements of practice that are not verifiable by third party certifications as an oversight body.

The claims below lack sufficient evidence to support claim and therefore are not acceptable.

Claims not acceptable:

Unapproved claims per USDA

- *American Humane Certified and Natural* are NOT allowed claims.
- *"Natural" and "judicious use of antibiotics"* are NOT verifiable label claims
- *"Cage free"* is NOT a verifiable label claim
Refer to sustainable food criteria for acceptable third party verifiers of sustainable eggs
- USDA *"Grass Fed"* marketing claim is NOT a verifiable label claim any longer.
- Claims about the non-use of animal by-products have become popular lately due to fears about Bovine spongiform encephalopathy (BSE), commonly known as mad cow disease.

Cafeteria Menu

Plant Based Requirements for Kaiser Permanente Menus

All Kaiser Permanente cafeterias must have at a minimum the following plant-based menu items offered daily. Plant-based menu options must also meet the Healthy Picks nutrient profiles outlined in this document, and should be flavorful and affordable. For the purpose of these requirements, plant-based is defined as having no animal products.

Breakfast

- 1 – Hot vegan cereal (i.e., oatmeal)
- 1 – Cold vegan cereal with vegan milk alternative
- 1 – Vegan hot entrée * when two or more entrees are featured

Lunch & Dinner

Hot Station

Entrees

Hot Entrees - when two or more hot entrees featured on station:

- 1 – Vegan hot entrée during lunch
- 1 – Vegan hot entrée during dinner

Grill (if grill is present)

- 1 – Vegan burger *

Soups

One soup featured on station:

- 1 – Vegan soup offered every other day

Two or more soups featured on station:

- 1 – Vegan soup offering

Salad Bar

1 – Legume

1 – Additional vegan salad protein

Snack Items

1 – Vegan snack item

Grab and Go *

1 – Vegan entrée and/or side option

1 – Vegan entrée salad

Sandwich Bar

1 – Vegan sandwich

Definitions:

Plant-based = no animal products

* Only applies only to facilities offering this food station, e.g., hot breakfast entrée, grill station, grab and go area.

Patient Menus

Plant-Based Requirements for Kaiser Permanente Menus

All Kaiser Permanente patient menus must have at a minimum the following plant-based menu items offered daily. Plant-based menu options must also meet the Healthy Picks nutrient profiles outlined in this document, and should be flavorful and affordable. For the purpose of these requirements, plant-based is defined as having no animal products.

Breakfast

- 1 – Hot vegan cereal (*i.e., oatmeal*)
- 1 – Cold vegan cereal with vegan milk alternative
- 1 – Vegan hot entrée

Entrees – Lunch & Dinner

2 – Vegan entrées (this can include grilled vegan offerings)

Grill

1 – Vegan burger (*only applies to facilities offering grill or burger items on patient menu*)

Soups

1 – Vegan soup offering

Note: Patient menus are offering several soups.

Salad

1 – Vegan side salad

Vegan entrée salads encouraged

Snack Items

1 – Vegan snack item

Sandwich

1 – Vegan sandwich

Definitions:

Plant-based = no animal products