



HEALTHY CATERING

at KP

KAISER PERMANENTE'S NUTRITION STANDARDS

Kaiser Permanente aspires to improve the health of our members, employees, our communities, and the environment. The goal of the [Policy for Food Purchased for Meetings and Events](#) is to ensure that employees and physicians have healthy food options at KP-sponsored meetings, events, and celebrations. Menu items should meet Kaiser Permanente's evidence-based standards for good nutrition, summarized below.

SUMMARY OF KP'S NUTRITION STANDARDS		
TOTAL CALORIES		- As a guide, a meal should not exceed 700 calories - Side items* and snacks should be 200 calories or less
FRUITS AND VEGETABLES		- Fruits or vegetables (fresh, frozen, canned, or dried) without added sugar or salt preferred - Canned fruits packed in their own juice, water, or light syrup
PROTEIN		- Plant-based proteins (legumes, beans, or tofu), fish, chicken, or turkey - Lean beef or pork items with less than 15 percent fat - Preferred cooking methods: roasted, baked, broiled, poached, or grilled - No processed meats with chemical preservatives such as hot dogs, sausages, and deli meats
GRAINS, STARCHES, BREADS AND CEREALS		- Whole grains, such as brown rice, quinoa, farro, oats, etc. - At least 50% whole wheat/grain for packaged and processed foods such as pasta, breads, baked goods or cereals
FAT		- Healthy fats such as olive oil, canola oil, or other non-hydrogenated fats - Items must contain less than 10 percent calories from saturated fat - No deep-fat fried food, trans fats or hydrogenated oils

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



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SUMMARY OF KP'S NUTRITION STANDARDS continued

DAIRY PRODUCTS		- Reduced-fat dairy products such as milk and yogurt - Dishes with cheese/dairy with less than 10 percent of calories from saturated fat
BEVERAGES		- Water or sparkling water, with no added sweetener or sugar - Unsweetened coffee or tea - Beverages sweetened with stevia and/or monk fruit - Low-fat plain milk - Artificial sweeteners or less than 10 g added sugar allowed (not preferred) 100% juice with less than 150 calories allowed (not preferred)
DESSERTS		- Fresh fruit or fruit-based desserts - Small squares of >70% dark chocolate - Bite-sized or mini desserts
SUGAR		- No more than 15 g of added sugar for baked goods - No more than 6 g of added sugar for snacks, cereals, and yogurt
SALT/SODIUM		- No more than 800 mg sodium per meal - No more than 200 mg sodium per side items and snacks
SUSTAINABILITY		- Source local and sustainable ingredients when feasible, with certifications such as USDA Organic; Certified Humane; Fairtrade International; Rainforest Alliance; Marine Stewardship Council, etc. - Limit use of plastic/disposables when possible