



Healthy Catering at Kaiser Permanente

Ordering Toolkit

Healthy Catering Ordering Toolkit

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This toolkit was created by Kaiser Foundation Health Plan’s national Workforce Well-Being department, Healthy Workforce.



Overview



Mission

Kaiser Permanente exists to provide high-quality, affordable health care services and to **IMPROVE THE HEALTH** of our members and the communities we serve.





Leading the way

Across all preventable risk factors for disease in the United States, poor diet is now the leading cause of death, associated with more than half a million deaths per year.

- JAMA 2018

Kaiser Permanente is leading the way by creating a healthy food environment in our hospitals and food venues.

Making the healthy choice the easy choice for our employees

National Policy for Food Purchased for Meetings and Events (NATL.HW.001)

Policy Statement:

Food and beverages purchased with corporate funds for meetings, events, and celebrations should reflect Kaiser Permanente's commitment to health by encouraging adherence to our standards for healthy nutrition.

Purpose:

Kaiser Permanente is committed to creating a workplace environment that provides opportunities for employees to make healthy choices to positively contribute to their overall health and well-being. Ensuring that healthy food options are readily available is an important aspect of creating a workplace culture of health.

Why Catering?

A typical catered box lunch contains over 1,500 calories!*

Lunch Item	Calories
Turkey and cheese sandwich	790
Potato chips	150
Apple	70
Chocolate chip cookie	390
Sweetened iced tea	140
Total Calories	1,540



* The recommended DAILY calories for 6' man at ideal weight is 2,000-2,200 per day.
The recommended DAILY calories for 5'6" woman at ideal weight is 1,500-1,700 per day.

Let's do the math...

1,500 calorie box lunch
– 700 calorie recommended lunch
800 excess calories for one lunch

800 extra calories
x 1 lunch per week (52)
41,400 excess calories per year

41,400 excess calories
÷ 3,500 calories per pound of fat
11.8 pounds gain in one year!

From just ONE catered lunch a week.





Kaiser Permanente's Nutrition Standards

Kaiser Permanente's Nutrition Standards

Menu items should meet Kaiser Permanente's evidence-based nutrition standards, summarized below.

IN GENERAL

- ✓ Encourage fruits, vegetables, whole grains, and lean proteins
- ✓ Include a whole food, plant-based options

TOTAL CALORIES

- ✓ As a guide, a meal should not exceed 700 calories
- ✓ Side items and snacks are less than 200 calories*

FAT

- ✓ Healthy fats such as olive oil, canola oil, avocado oil, or other non-hydrogenated fats
- ✓ No deep-fat fried food, trans fats, or partially hydrogenated oils
- ✓ Must contain less than 10 percent calories from saturated fat

PROTEIN

- ✓ Plant-based proteins (legumes, beans, or tofu), fish, chicken, or turkey
- ✓ Lean beef or pork items that 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, wild rice, oats, etc.
- ✓ At least 50% whole wheat/grain for packaged and processed foods such as pasta, breads, baked goods or cereals

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

Kaiser Permanente's Nutrition Standards

Continued

FRUITS AND VEGETABLES

- ✓ Fruits or vegetables (fresh, frozen, canned, or dried) without added sugar
- ✓ Canned fruits packed in their own juice, water, or light syrup

DAIRY PRODUCTS

- ✓ Reduced-fat dairy products such as milk and yogurt
- ✓ Dishes with cheese/dairy must contain less than 10 percent calories from saturated fat

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 for side items and snacks

BEVERAGES

- ✓ Water or flavored water, still or sparkling, with no added sweetener or sugar
- ✓ Unsweetened coffee or tea
- ✓ Beverages sweetened with stevia and/or monk fruit
- ✓ Low-fat plain milk
- ✓ 100% fruit or vegetable juices with less than 150 calories and less than 140 mg sodium per serving
- ✓ Artificial sweeteners or less than 10 g added sugar allowed (not preferred)



Menu Suggestions & Recommendations

Healthy Catering Top 10 Tips

1. Steer clear of the top offenders

Small changes can add up to a big difference when it comes to ordering. (See the Ordering Cheat Sheet on the next page.)

2. Balance your plate

Make half of what you offer on a plate vegetables and/or fruits, one quarter whole grains, and one quarter protein.

3. Encourage portion control

Serve on 9-inch plates and offer appropriate amounts of food - for example, one sandwich per person, or half a sandwich and a cup of soup or salad.

4. Less is more

Limiting menus to just a couple choices helps people serve themselves a healthy amount of food. It also cuts down on food waste and cost.

5. Include protein, little or no red meat

Make sure protein is part of the menu, whether it's breakfast, lunch, or a reception dinner. Always offer a vegetarian/vegan option with a plant-based protein, such as beans or tofu.

6. Check the facts

Make sure that any pre-packaged snacks meet the Nutrition Standards - 200 calories or less; no more than 6g of added sugar; and no more than 200mg sodium.

7. Put fruit forward

Use fruit or fruit-based desserts to satisfy the sweet tooth, such as chocolate drizzled strawberries, yogurt fruit trifle, or poached pears.

8. Go local and sustainable

Offer fresh seasonal produce and organic and locally grown as much as possible. Offer free-range or grass-fed meats; wild-caught fish; and Fair-Trade coffee and tea.

9. Keep it green

Serve water in glasses or compostable ware instead of plastic cups or water bottles. Offer coffee stations with ceramic mugs. Provide real or compostable dishware and cutlery. Avoid individual pre-packaged servings if possible.

10. Be sensitive

Be sensitive to dietary needs and allergies. Include gluten-free, nut-free, and other options when needed. Make sure allergens are noted.

Healthy Catering “Cheat Sheet”

AVOID	TRY INSTEAD
⊗ Pastries, croissants, muffins, Danishes	✓ Oatmeal, whole grain bagels or toast
⊗ Bacon, ham, pepperoni, salami, and other processed meats	✓ Nitrate-free turkey bacon, chicken sausage, or no meat
⊗ White bread, pasta, rolls, bagels	✓ Whole wheat/grain breads, pastas; whole grains such as quinoa, farro, or brown rice
⊗ Fried foods such as doughnuts, chips, French fries, egg rolls, etc.	✓ Baked, roasted, steamed, or grilled items
⊗ Creamy dressings (such as Caesar and Ranch)	✓ Vinaigrettes, or olive oil and vinegar or lemon
⊗ Creamy soups, cream sauces	✓ Low sodium broth-based soups, cheese in moderation
⊗ Soda or sugar-sweetened beverages, such as lemonade, cranberry cocktail, energy drinks, and sweetened teas	✓ Unsweetened iced tea, spa water, sparkling water, and other flavored waters with no artificial sweeteners
⊗ Large cookies, cakes, and other desserts	✓ Fresh fruit or fruit-based desserts, small squares of >70% dark chocolate, bite-sized desserts

Menu Suggestions: Breakfast

- Eggs made with healthy oils or hard boiled
- Healthy crustless quiche or frittata
- Oatmeal or whole grain cold cereals (with <6g sugar per serving)*
- Nonfat/low sugar Greek yogurt or fruit parfaits (with no artificial sweeteners)*
- Low sugar granola (with 6g sugar or less per serving)*
- Fresh fruit
- Tomato or cucumber slices
- Whole grain muffins, bagels, breads or toast, gluten-free options
- Peanut butter or other nut butters, light cream cheese, low sugar jam

* Please see Appendix A-C for a list of suggested cereals, yogurts, and granola products



Menu Suggestions: Hot Buffet

- Healthy salad starters
- Whole food, plant-based options
- Chicken and turkey (raised without antibiotics, preferably Certified Humane and/or organic)
- Fish (preferably wild-caught)
- Lean beef (preferably grass-fed)
- Avoid cream/butter sauces and fried foods
- Roasted, grilled, or steamed vegetables
- Whole grain starches (such as quinoa, farro, brown/wild rice, polenta, whole-wheat pasta)
- Omit rolls



Menu Suggestions: Cold Buffet

SALAD BAR with:

- Bountiful variety of salad greens
- A wide selection of vegetable toppings, raw and cooked, such as roasted Brussels sprouts or beets
- Lean protein: Tofu, beans, hard-boiled egg, roast chicken/turkey or wild salmon
- Whole grains like quinoa or farro
- Avocado and/or light crumbled cheese
- Nut and seed toppings (avoid candied nuts and dried cranberries)
- Vinaigrettes, olive oil and vinegar or lemon (no creamy dressings)
- Whole grain roll or bread, gluten-free options

OR SANDWICH BAR (pre-portioned) with:

- Lean meat/vegetarian proteins such as grilled tofu, roasted chicken or turkey. Avoid processed meat with nitrates (i.e. ham, salami, deli meats).
- Low fat cheese selections
- Vegetable toppings such as lettuce, tomato, avocado, roasted red peppers
- Whole-grain bread or wraps
- Mustard, low-fat/vegan mayonnaise, or pesto. Avoid butter and high fat condiments
- Offer side green salads and fruit
- Vegan, gluten-free options

Menu Suggestions: Beverages

- Water, plain sparkling water, or fruit infused water
- Coffee, decaf and teas
- Unsweetened iced tea(s)
- Unsweetened beverages, such as flavored sparkling waters (with no artificial sweeteners)
- Low-sodium vegetable juices
- Low-fat, skim milk (half and half is okay for coffee bar). Include unsweetened alternative milks (soy, almond, coconut, etc.)
- Condiments: Sugar, sugar substitute (recommend natural sugar substitutes such as stevia), honey



Menu Suggestions: Desserts

Desserts should be 200 calories or less, made with whole grain or alternative flours, made with healthy fats, and with 15g sugar or less.

- Fresh fruit
- Berries topped with Greek yogurt and cacao nibs
- Fresh fruit drizzled or half dipped in dark chocolate
- Fruit parfaits topped with honey Greek yogurt
- Seasonal fruit compote
- Bite-sized dark chocolates (70% or higher)
- Mini servings – bite size/shooters
- Limit desserts other than fruit to 1-2 choices



Menu Suggestions: Snacks

All snacks should be 200 calories or less, with less than 6g sugar, and 200 mg sodium or less.

- Fresh fruit
- Raw vegetables
- Dips – hummus, low fat Greek yogurt, bean dips
- Kale chips
- Portion controlled nuts (1 oz serving or less)
- Air popped popcorn
- Portion controlled trail mix (mini dark chocolate morsels may be added)
- Healthy granola or energy bars (See Appendix D for a list of products)



Additional Recommendations

- Plate size – 8 or 9 inch
- Portioned serving sizes:
 - *Proteins: 3-4 oz*
 - *Starches: ½ cup*
 - *Cooked vegetables: ½ cup (minimum)*
 - *Raw vegetables: 1 cup (minimum)*
 - *Dressings: 1 oz*
- Menus to list calories for each item whenever possible
- Signage included to guide wellness selection and potential allergies:
 - *Select one entrée, one whole grain, etc.*
 - *Enjoy the vegetables*
 - *Gluten-free*
 - *Contains nuts*
- Sustainable sourcing strongly preferred:
 - *Local ingredients and/or USDA Organic, Certified Humane, or other third-party certifications*
 - *Meats Raised Without Antibiotics, American Grassfed certified, or other third-party certifications*
 - *USDA Organic, Fairtrade International, or Rainforest Alliance certified coffee or tea*



Appendices: Healthy Catering Product Lists

Appendix A

Healthy Catering Products List*

Breakfast Cereals

Cereals can be a big source of hidden sugar. Even healthy sounding cereals can be misleading. For instance, Kellogg’s Smart Start has 18g (or 4.5 tsp) sugar per serving! The sample product list below meet Kaiser Permanente’s nutrition standards for breakfast cereals (>50% whole grains, 6g added sugar or less).

Product	Sugar (g)
Shredded Wheat	0g
Barbara’s Shredded Wheat	0g
Ezekiel 4:9 Sprouted Whole Grain	0g
Three Wishes Cereals	0-3g
Original Cheerios	1g
Uncle Sam Toasted Whole Wheat Berry	1g
Catalina Crunch Cereal	1g
Wheaties	3g
Kix Original	3g
Kashi 7 Whole Grain Nuggets	3g

Product	Sugar (g)
General Mills Total Whole Grain	5g
Kashi Heart to Heart Oat Cereal	5g
Nature's Path Organic Flax Plus Multibran Flakes	5g
Nature's Path Organic Heritage Flakes	5g
Post Grape Nuts	5g
Post Honey Bunches of Oats Honey Roasted	5g
General Mills Multigrain Cheerios	6g
Kellogg's All Bran Original	6g
Nature's Path Organic Sunrise Crunchy Maple	6g
Post Honey Bunches of Oats with Crispy Almonds	6g

*Sample product list of popular brands. Other products not included may meet the standards as well.

Healthy Catering Products List*

Yogurts

All yogurts are not created equal. A typical single serving flavored yogurt can have over 23g sugar (almost as much as a soda)! The products below all meet Kaiser Permanente's nutrition standards (non-fat and 6g or less added sugar per serving).

Please note, all yogurts contain natural sugar from milk (lactose). The total sugar content below is from the natural lactose and added sugars from sweeteners. We do not recommend artificially sweetened yogurts such as Yoplait Light or Dannon Light & Fit. "Light" or "Lite" yogurts most often contain artificial sweeteners such as sucralose or aspartame.

Product	Serving Size	Calories	Total Sugar (g)	Added Sugar (g)
Non-fat plain Greek yogurt (all brands)	6 oz	100	5g	0g
Dannon Oikos Triple Zero (assorted flavors)	5.3 oz	90	5g	0g
Chobani "Less Sugar" (assorted flavors)	5.3 oz	120	9g	5g
Open Nature Icelandic Style Lowfat (assorted flavors)	5.3 oz	130	9g	5g
Siggi's Icelandic Style 0% (assorted flavors)	5.3 oz	110-140	11g	5g
Icelandic Provisions Skyr Style (assorted flavors)	5.3 oz	110-130	11g	5g
Fage Total 0% (assorted flavors)	5.3 oz	120	11g	5g

*Sample product list of popular brands. Other products not included may meet the standards as well.

Healthy Catering Products List*

Granolas

Granola sounds healthy, but it can be loaded with as much sugar and calories as a giant cookie. The sample product list below meet Kaiser Permanente's nutrition standards for breakfast items (6g or less of added sugar and <10% calories from saturated fat).

Product	Total Sugar (g)	Added Sugar (g)
Back to Nature – Coconut	4g	0g
Seven Sundays Gluten Free Muesli	6g	0g
Cascadian Farm No Added Sugar Blueberry Vanilla Granola	7g	0g
Kind Dark Chocolate Whole Grain Clusters	3g	3g
Kind Raspberry Clusters with Chia Seeds	3g	3g
365 by Whole Foods – Maple & Almond Butter	5g	5g
Kind Cinnamon Oat Clusters	5g	5g
Kind Oats & Honey Clusters	5g	5g
Kind Peanut Butter Whole Grains Clusters	5g	5g
Kind Vanilla Blueberry Clusters	5g	5g
Kind Maple Quinoa Clusters	6g	6g
Bear Naked Fit Granola – Triple Berry	6g	6g

*Sample product list of popular brands. Other products not included may meet the standards as well.

Healthy Catering Products List*

Energy/Granola Bars

The sample product list below meet Kaiser Permanente's nutrition standards for snack items (200 calories or less, no more than 6g added sugar, and 10% or less calories from saturated fat). Opt for bars with natural, whole-food ingredients and protein.

Product	Calories	Total Sugar (g)	Added Sugar (g)
RXBAR minis (assorted varieties)	140	13	0
That's It Bars	100	14	0
Lara Bars (assorted fruit varieties)	200	16-18	0
Health Warrior Chia Bars (assorted varieties)	100	3	2
Kind Fruit & Nut	190	8	4
Kind Healthy Grains Bar (assorted varieties)	150	6	5
Quaker Chewy 25% Less Sugar Granola Bars (assorted varieties)	100	5	5
Made Good Granola Bars (assorted varieties)	100	6	6
Kashi Chewy Granola Bars (assorted varieties)	130-170	7-10	6
Nature Valley Fruit & Nut Granola Bars	150	7	5

*Sample product list of popular brands. Other products not included may meet the standards as well.