Healthy beverages
Water
sparkling, seltzer or flavored water
Fat-Free or Low-Fat (1%) Milk
100% Fruit Juice ≤ 10 calories per 8 ounce serving
Unsweetened Teas
Coffee
creamers, soy alternatives

Calories
No more than 500 calories

Saturated Fat
No more than 10% calories from saturated fat*

Sodium
No more than 900 milligrams

Sugar
No more than 25 grams**

Trans Fat
0 grams

Fiber
At least 2 grams fiber (if product is grain/potato-based, such as granola bars, crackers, pretzels, cookies, and chips, etc.)

† Entrées include items such as wraps, sandwiches, soups and other main course items.

For all items that meet the Good4You nutrition criteria, multiply the nutrient values by 2 to determine the “per package” nutrient values. One serving per package require some one serving portion requirements as given in the nutrient criteria. For example, for all items that meet the Good4You criteria, one serving portion is 4 grams of fat or less, 230 milligrams of sodium or less, and 25 grams of sugar or less.

Tips to Reduce Sodium

• Serve half-sized portions of made-from-scratch items, such as soup, chili, etc., in cafeterias and cafes.

• Use whole grain bread and wraps, brown rice, whole wheat pasta, etc.

• Serve baked or steamed vegetables. Instead, try alternative cooking methods, such as grilling or sautéing.

• When possible, post calorie counts near the food selection.

• Offer a gluten-free option in public areas.

• Label all items to include nutritional information, and clearly identify items which are high in sodium.

• Use signage, templates, and other statewide population health initiatives.

• Cut pre-portioned slices of cakes, pies and other desserts, and serve them in a large bowl to encourage family sharing.

• Serve a side dish of a baked or steamed vegetable with naturally occurring sugars.

• Provide free water stations, provide free water stations, and assess your hospital’s overall vending machine environment. Both the individual and summary assessment tools are available for download at www.ohiohospitals.org/good4you.

• Provide free water stations, and other materials are available at www.ohiohospitals.org/good4you.

• Consider adding signage, templates, and other materials are available at www.ohiohospitals.org/good4you.

• Ensure that vending machine is refrigerated when item is not meeting criteria.

• Setting aside a shelf space for Good4You items cheaper than their unhealthy counterparts. In addition, more and more vending companies are offering healthy vending options to help implement these changes and gain employee support.

• Hospitals have a tremendous opportunity to make positive changes through healthy eating, physical activity and other statewide population health initiatives.

• Follow the snacks guidelines.

• Serve half-sized portions of made-from-scratch items, such as soup, chili, etc., in cafeterias and cafes.

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GETTING TO
Effectively making changes to beverage choices, vending machines and cafeterias takes time and requires employee buy-in. Knowing this, getting to 100% healthy options may take several years and be implemented in phases.

It is reasonable to use a phased-in approach that aims for meeting the various levels utilizing a timetable that best suits your hospital’s needs. The Good4You Eat Healthy initiative is intended to be self-directed, and is designed to offer guidance and support to help hospitals in any stage of change.

The Good4You Eat Healthy initiative encourages positive changes to the food and beverage environment in the hospital. As leaders in their communities and advocates of health and well-being, hospitals can model healthy eating to support the health of employees, visitors and the communities they serve.

Hospitals participate in this voluntary initiative by adopting the Good4You Eat Healthy nutrition criteria in four specific areas within the hospital: vending machines, cafeterias and cafes, meetings and events, and with outside vendors and franchises serving the hospital.

Participation is easy, and tools and resources are available to help hospitals as they transition to an Eat Healthy environment.
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Healthy BEVERAGES

<table>
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<tr>
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<th>Healthy ENTRÉES†</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water sparkling, seltzer or flavored water</td>
<td>Calories No more than 500 calories</td>
</tr>
<tr>
<td>Fat-Free or Low-Fat (1%) Milk</td>
<td>Total Fat No more than 15 grams*</td>
</tr>
<tr>
<td>100% Fruit Juice ≤ 180 calories per 12 ounce serving, no added sweeteners</td>
<td>Saturated Fat No more than 10% calories from saturated fat* (ex: 4 grams per 400 cal.)</td>
</tr>
<tr>
<td>Flavored Milk or milk alternatives ≤ 150 calories per 8 ounce serving</td>
<td>Trans Fat 0 grams</td>
</tr>
<tr>
<td>No or Low-Calorie Beverages ≤ 10 calories per 8 ounce serving</td>
<td>Sodium No more than 480 milligrams</td>
</tr>
<tr>
<td>Unsweetened Teas regular or herbal, hot or cold</td>
<td>Sugar No more than 15 grams*</td>
</tr>
<tr>
<td>Mid-Calorie Beverages ≤ 66 calories per 8 ounce serving</td>
<td>Fiber At least 2 grams (if product is grain/potato-based such as granola bars, crackers, pretzels, cookies, chips, etc.)</td>
</tr>
<tr>
<td>Coffee with 1% or lower fat milk or creamers, soy alternatives</td>
<td>Produce Refrigerated machines should stock fruit and vegetable items.</td>
</tr>
</tbody>
</table>

Healthy SNACKS, DESSERTS AND SIDE DISHES

<table>
<thead>
<tr>
<th>Healthy SNACKS, DESSERTS AND SIDE DISHES</th>
<th>Healthy MEALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories No more than 200 calories</td>
<td>Calories No more than 750 calories</td>
</tr>
<tr>
<td>Total Fat No more than 7 grams*</td>
<td>Total Fat No more than 25 grams*</td>
</tr>
<tr>
<td>Saturated Fat No more than 10% calories from saturated fat* (ex: 2 grams per 200 cal.)</td>
<td>Saturated Fat No more than 10% calories from saturated fat* (ex: 7.5 grams fat per 750 calories)</td>
</tr>
<tr>
<td>Trans Fat 0 grams</td>
<td>Trans Fat 0 grams</td>
</tr>
<tr>
<td>Sodium No more than 230 milligrams</td>
<td>Sodium No more than 900 milligrams</td>
</tr>
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* excluding nuts, seeds, cheese and products containing nuts or nut butters

** excluding fruits and vegetables that do not contain added sweeteners or fats

When possible, all items should be labeled with nutritional information. Items meeting the Good4You criteria should be designated.

See sample marketing materials and templates! OHIOHOSPITALS.ORG/GOOD4YOU

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Healthy VENDING MACHINES

Why Healthy Vending?

Vending machines are one of the biggest food venues we use in our daily lives. Incorporating healthier foods in vending machines is an easy way to promote healthy eating and to meet the needs of the entire workforce. By offering healthier options, vending machines can provide a convenient way to promote healthier eating.

Resources

Fact Sheet

The goal of the Good4You project is to help hospitals implement evidence-based approaches for healthy changes to the food and beverages offered to employees and visitors within their cafeterias and cafes. The goal is to gradually implement a variety of other change strategies such as pricing strategies that encourage healthy eating, workplace fitness, and strategies to make the default choice the healthy choice.

Nutrition Facts

The Nutrition Facts label is an important tool to help you determine if the items in your vending machine meet the Good4You Eat Healthy criteria.

Tips to Reduce Calories

• Move low-calorie beverages to the entrance and at the registers, and price them higher.

• If food is too calorie-dense, arrange foods that meet the Good4You criteria. Use Good4You labels and other materials to make the default choice the healthy choice.

Tips to Reduce Fat

• Offer low-fat, high-fiber foods.

• Prioritize products with zero grams of Trans Fat.

Tips to Reduce Sodium

• Prepare soups from scratch.

• Serve half-sized portions of made-from-scratch items.

Tips to Reduce Sugar

• Offer dessert items individually, such as a single-sized piece of cake, and do not place high-calorie drinks in the same location as dessert items.

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