Health and Sustainability Guidelines for Federal Concessions and Vending Operations

Developed by a Health and Human Services (HHS)
General Services Administration (GSA) collaborative team,
The Federal Health and Sustainability Team
for Concessions and Vending.

For additional information, please visit CDC's website:
http://www.cdc.gov/chronicdisease/resources/guidelines/food-service-guidelines.htm
or GSA's website
http://www.gsa.gov/portal/content/104429.

The goal of the guidelines is to assist contractors in maximizing a healthier and sustainable food service by:

- increasing the offering of healthier and sustainable food and beverage choices
- eliminating industrially produced trans fats
- decreasing the sodium content in available foods
- allowing individuals to make informed choices about what they are purchasing and eating through the labeling of menu items.[1]

The federal government is invested in assisting its employees in making healthy food and beverage choices, and creating and promoting a sustainable food system[2] through guidelines for food available for purchase at federal facilities.

In May 2009, President Obama tasked the Office of Personnel Management (OPM) with developing wellness best practices and a plan for the federal workforce. In addition, the White House Offices of Management and Budget and Health Reform began working with federal agencies to provide healthier food choices to federal employees. This effort to improve food choices at federal facilities was led by the U.S. General Services Administration (GSA).

In February 2010, GSA released the guidance for Wellness and Sustainability Requirements for Contracts at federal facilities.[3]

In support of GSA's actions to increase healthy and sustainable food and beverage options and operations at federal workplaces, the U.S. Department of Health and Human Services (HHS) and GSA have worked collaboratively to create this document, which proposes specific food, nutrition, and sustainability guidelines to complement the GSA procurement guidelines.

The guidelines in this document apply to all food service concession operations and vending machines managed by HHS and GSA. These guidelines may also be applied at sponsored or co-sponsored conferences and events onsite and offsite, as deemed appropriate. Finally, this is a living document and will be updated as nutrition science and consumer demands evolve.

The federal government is invested in assisting its employees in making healthy food and beverage choices.

Implementation

The following guidelines are to be used by vendors proposing to provide concessions or vending services to federal government facilities managed by HHS or GSA and for those evaluating the services being provided. The term "standard criteria" refers to standards that are expected to be implemented during daily concession operations. "Above standard" refers to criteria representing the highest value and best practices to the government. Meeting "above standard" criteria requires the appropriate "standard criteria" to also be met. Additional definitions for these two terms can also be found in the evaluation criteria section of the main GSA Request for Proposals (RFP).[4,5]

Food and Nutrition Guidelines for Concessions

This section outlines guidelines for food service concessions managed by HHS and GSA. These guidelines may also be applied at sponsored or co-sponsored conferences and events, onsite and offsite. Vending guidelines are in section II.

Nutrition Menu Labeling

Providing consumers with calorie and nutrient information is an important strategy for assisting people to select healthy diets. Restaurants and other food service facilities provide 37% of Americans' daily energy intake.[6] The lack of readily available calorie information in food service establishments makes it possible to consume excess calories without realizing it. Providing calorie information at the point of purchase can help people make more informed choices.[7]

Standard Criteria

All items available in cafeterias must be labeled with calories per serving as sold (or calories per measure provided for salad bar-type service). Calorie labeling must be displayed at the point of choice in a clear and conspicuous manner on the menu board, or if menu boards are not available, labeling must be prominently posted on signs adjacent to the food items or menus.

- Exceptions to this standard are items not listed on a menu or menu board such as condiments and other items placed on the table or counter for general use; daily specials; temporary menu items appearing on the menu for less than 60 days; and custom orders.

Additional nutritional information must be made available in written form, on request. The nutrition information that must be available in written form to consumers upon request includes:[8]

- The total number of calories derived from any source
- The total number of calories derived from the total fat
- Total fat
- Saturated fat
- Cholesterol
- Sodium
- Total carbohydrate
- Sugars
- Dietary fiber
- Total protein

A prominent statement regarding the availability of additional nutritional information available must be placed on the menu or menu board in written form, on request.

Focus on…nutrient-dense foods and beverages.

Trans fats

Replacing foods containing industrially produced artificial *trans* fatty acids with foods low in both saturated and *trans* fatty acids in food service is an important strategy to assist consumers to limit their intake of both saturated and *trans* fatty acids.[9]

Standard Criteria

Eliminate use of partially hydrogenated vegetable oils, shortenings, or margarines for frying, pan-frying (sautéing), grilling, baking, or as a spread (or for deep frying cake batter and yeast dough) unless the label or other documentation for the oil indicates 0 grams *trans* fat per serving. Currently products listed as "0 grams *trans* fat" on the Nutrition Facts panel must contain less than 0.5 grams *trans* fat per serving. Oils and fats used in food preparation and as spreads must also be low in saturated fats.[10]

Eliminate food containing partially hydrogenated vegetable oils, shortenings, or margarines unless the label or other documentation for the food indicates that the food contains 0 grams *trans* fat per serving. Currently products listed as "0 grams *trans* fat" on the Nutrition Facts panel must contain less than 0.5 grams *trans* fat per serving. Offer foods that are both "0 grams *trans* fat" and low in saturated fats.

Sodium

Reducing access to high sodium foods will assist consumers in meeting the recommendations to limit sodium intake.[11,12]

Standard Criteria

All individual food items must contain ≤480 mg sodium as served, unless otherwise designated in the specific categories of the Food Selection Standards in Concessions and Vending sections that follow.[13,14]

All meals[15] must contain ≤900 mg sodium, as served.[16]

...may also be applied to conferences and events, onsite and offsite.

Food Selection Guidelines in Concessions

Fruits

Standard Criteria

- All canned or frozen fruit must be packaged in 100% water or unsweetened juice, with no added sweeteners.
- Offer a variety of at least three whole or sliced fruits daily.
- Offer a variety of seasonally available fruits.

Vegetables

Standard Criteria

- Offer daily, at least one raw, salad-type vegetable and at least one steamed, baked, or grilled vegetable seasoned, without fat or oil.
- All vegetable offerings must contain ≤230 mg sodium, as served.[17]
- Mixed dishes containing vegetables must contain ≤480 mg sodium, as served.
- Offer a variety of seasonally available vegetables.

Above Standard

- Offer at least one prepared vegetable option with ≤140 mg sodium as served.[18]

Cereals and Grains

Standard Criteria

- When cereal grains are offered (e.g., rice, bread, pasta), then a whole grain option must be offered for that item as the standard choice.
- All cereal, bread, and pasta offerings must contain ≤230 mg sodium per serving.[19]
- At least 50% of breakfast cereals must contain at least 3g of fiber and less than 10g total sugars per serving.[20,21,22]

Above Standard

- When cereal grains are offered (e.g., rice, bread, pasta), a 100% whole grain option must be offered for that item as the standard choice.
- If cereal is offered, offer at least one cereal with ≤140 mg sodium per serving.[23]

Dairy/Yogurt/Cheese/Fluid Milk

Standard Criteria

- If milk is offered as a beverage, only offer 2%, 1%, and fat-free fluid milk.[24]
- If cottage cheese items are offered, only offer low fat (2% or less) or fat-free items.
- If yogurt is offered, only offer 2%, 1%, or fat-free yogurt.
- If yogurt is offered, only offer yogurt with no added caloric sweeteners or yogurts labeled as reduced or less sugar according to FDA labeling standards.[25,26,27]
- Processed cheeses must contain ≤230 mg sodium per serving.

Make healthier options more appealing to the consumer.

Protein Foods

Standard Criteria

- When protein entrees are offered, offer lean meat, poultry, fish, or low-fat vegetarian entrée choices.
- At least twice per week, offer an entrée with a vegetarian protein source.[28,29]
- Canned or frozen tuna, seafood, and salmon must contain <290 mg sodium per serving, and canned meat <480 mg sodium per serving.

Above Standard

- A vegetarian entrée must be offered every day.

Beverages

Standard Criteria

- At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain ≤40 calories/serving.[30,31,32]
- If juice is offered, only offer 100% juice with no added caloric sweeteners.[33]
- Vegetable juices must contain ≤230 mg sodium per serving.[34]
- Drinking water, preferably chilled tap, must be offered at no charge at all meal service events.

Above Standard

- For beverages with more than 40 calories/ serving, only offer servings of 12 oz or less (excluding unsweetened milk and 100% juice).
- At least 75% of beverage choices (other than 100% juice and unsweetened milk) must contain ≤40 calories/serving.
- Offer as a choice a non-dairy, calcium-fortified beverage (such as soy or almond beverage); these beverages must not provide more sugars than milk (thus be 12 g sugar/8 oz serving or less), provide about the same amount of protein (at least 6 g/8 oz), calcium (250 mg/8 oz), and provide less than 5 g total fat (equivalent to 2% milk).[35]
- Offer at least one low sodium vegetable juice (≤140 mg sodium per serving).[36]

Other Considerations

Standard Criteria

- Deep-fried options must not be marketed or promoted as the special or feature of the day.
- Limit deep-fried entrée options to no more than one choice per day.
- Offer half- or reduced-size choices for some meals and concessions items, when feasible.
- Where value meal combinations are offered, always offer fruit or a non-fried vegetable as the optional side dish, instead of chips or cookie.

Above Standard

- Make healthier options more appealing to the consumer by offering them at a reduced price as compared to less healthy alternatives.
- Offer desserts that use less or no added sugars. For example, offer desserts prepared with fruits, vegetables, nuts, seeds, apple sauces, and yogurts without added sugars.

Concessions Sustainability Guidelines

General Operations

Standard Criteria

- Participate in waste reduction, recycling and composting programs, as available.
- Promote and incentivize the use of reusable beverage containers.
- Promote use of tap water over bottled water.
- Use green cleaning practices.[37]
- Use integrated pest management practices and green pest control alternatives to the maximum extent feasible.
- Provide materials for single-service items (e.g., trays, flatware, plates, and bowls) that are compostable and made from bio-based products.[38]

General Food

Standard Criteria

- Offer 25%[39] of the product line to be organically,[40] locally,[41] or documented sustainably grown (e.g., integrated pest management, pesticide free, other labeling programs).[42]
- Offer seasonal varieties of fruits and vegetables.

Above Standard

- Offer 35% of the product line to be organically or locally or documented sustainably grown (e.g., integrated pest management, pesticide free, other labeling programs).

Sustainability Labeling[43]

Standard Criteria

- Label Organic, local, or documented sustainably grown food items available in food service at the point of choice.

Above Standard

- Educate about the value of agricultural best practices that are ecologically sound, economically viable, and socially responsible in agency concessions services with signage, informational programs, or other means of communicating the benefits of the items that are labeled organic, local, and/or sustainable.
- For locally grown foods, include information that identifies the farms and sustainable practices used.

Animal Products[44]

Standard Criteria

- Where seafood options are offered, provide those procured from responsibly managed, sustainable, healthy fisheries.[44*]

Above Standard

- Offer Certified Organic or documented sustainably or locally produced milk and milk products.
- Offer Certified Organic or documented sustainably or locally produced eggs and meat (e.g., grass fed, free-range, pasture raised, grass finished, humanely raised and handled).

Beverages

Standard Criteria

- Offer drinking water, preferably chilled tap.

Above Standard

- If offering coffee or tea, include coffee or tea offerings that are Certified Organic, shade grown, and/or bird friendly.
- If composting is available, bottled water must be offered in compostable bottles.

Food, Nutrition, and Sustainability Guidelines for Vending Operations

The following guidelines are to be used by vendors providing services to the federal government and for the evaluation of the services being provided. The requirements apply to all packaged food sold at HHS and are strongly encouraged in all properties managed by GSA.

Menu labeling

- In accordance with Section 4205 of the Patient Protection and Affordable Care Act: In the case of an article of food sold from a vending machine that does not permit a prospective purchaser to examine the Nutrition Facts Panel before purchasing the article or does not otherwise provide visible nutrition information at the point of purchase; the vending machine operator shall provide a sign in close proximity to each article of food or the selection button that includes a clear and conspicuous statement disclosing the number of calories contained in the article.[45]

Trans fat

- Only offer items that contain 0 grams *trans* fat per serving as defined by FDA.

Sodium

- Only offer snack items that contain ≤230 mg sodium per serving (excludes refrigerated meals).[46]
- Individual meal items must contain ≤480 mg sodium per serving.[47]

Overall

In addition to meeting the requirements listed above, at least 25% of all packaged food choices must meet the following criteria:

- Limit all snack (not refrigerated meals) items to ≤200 calories per item (excluding nuts and seeds without added fats, oils, or caloric sweeteners).
- Limit total calories from saturated fat to ≤10% (excluding nuts and seeds without added fats or oils).[48]
- Limit calories from sugars to ≤35% of total weight (excluding fruits or vegetables without added caloric sweeteners).[49]

…all packaged food sold at HHS… strongly encouraged in all properties managed by GSA.

Beverage Requirements

- At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain ≤40 calories/serving.
- If milk is offered, only offer 2%, 1% and non-fat milk dairy-type products.[50]
- If juice is offered, offer at least one 100% juice with no added caloric sweeteners.
- Vegetable juice must contain ≤230 mg sodium per serving.[51]

Above Standard

- For beverages with more than 40 calories/serving, only offer servings of 12 oz or less (excluding unsweetened milk and 100% juice).
- At least 75% of beverage choices (other than 100% juice and unsweetened milk) must contain ≤40 calories/serving.
- Offer as a choice a non-dairy, calcium-fortified beverage (such as soy or almond beverage); these beverages must not provide more sugars than milk (thus be a 12 g/8 oz serving or less), provide the same amount or more of protein (at least 6 g/8 oz), calcium (250 mg/8 oz), and provide less than 5 g total fat (equivalent to 2% milk).[52]
- Offer at least one low sodium vegetable juice (≤140 mg sodium per 8 oz).

Vending Sustainability Requirements

Above Standard

- Give preference to products in recyclable or compostable packaging.
- Offer some organic, local, or documented sustainably grown products.
- Label products that are organic, local, or documented sustainably grown.
- Use *Energy Star* certified machines.
- Use energy conservation methods such as LED lighting and occupancy sensors that can be added to existing machines (refrigerated and non-refrigerated).

Background:
Dietary Guidelines for Americans, 2010

The development of the guidelines in this document was based on the *Dietary Guidelines for Americans, 2010*.[53] The intent of the Dietary Guidelines is to summarize and synthesize knowledge about individual nutrients and food components into an interrelated set of recommendations for healthy eating that can be adopted by the public. Taken together, the Dietary Guidelines recommendations encompass two overarching concepts:

- **Maintain calorie balance over time to achieve and sustain a healthy weight.** People who are most successful at achieving and maintaining a healthy weight do so through continued attention to and consuming only enough calories from foods and beverages to meet their needs and by being physically active. To curb the obesity epidemic and improve their health, many Americans must decrease the calories they consume and increase the calories they expend through physical activity.
- **Focus on consuming nutrient-dense foods and beverages.** Americans currently consume too much sodium and calories from solid fats, added sugars, and refined grains.[54] These replace nutrient-dense foods and beverages, and make it difficult for people to achieve recommended nutrient intake while controlling calorie and sodium intake. A healthy eating pattern limits the intake of sodium, solid fats, added sugars, and refined grains, and emphasizes nutrient-dense foods and beverages—vegetables, fruits, whole grains, fat-free or low-fat milk and milk products,[55] seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds.

The following *Dietary Guidelines for Americans, 2010* Key Recommendations are the most important in terms of their implications for improving public health.[56] To get the full benefit, people should carry out the Dietary Guidelines recommendations in their entirety as part of an overall healthy eating pattern.

Balancing Calories to Manage Weight

- Prevent or reduce overweight and obesity through improved eating and physical activity behaviors.
- Control total calorie intake to manage body weight. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages.
- Increase physical activity and reduce time spent in sedentary behaviors.
- Maintain appropriate calorie balance during each stage of life—childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

Foods and Food Components to Reduce

- Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.
- Consume less than 10% of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
- Consume less than 300 mg/day of dietary cholesterol.
- Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fats, such as partially hydrogenated oils, and by limiting other solid fats.
- Reduce the intake of calories from solid fats and added sugars.

- Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.

Foods and Nutrients to Increase

People should meet the following recommendations as part of a healthy eating pattern while staying within their calorie needs.

- Increase vegetable and fruit intake.
- Eat a variety of vegetables, especially dark-green, red and orange vegetables, and beans and peas.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
- Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.[57]
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.
- Use oils to replace solid fats where possible.
- Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.

Building Healthy Eating Patterns

- Select an eating pattern that meets nutrient needs over time at an appropriate calorie level.
- Account for all foods and beverages consumed and assess how they fit within a total healthy eating pattern.
- Follow food safety recommendations when preparing and eating foods to reduce the risk of foodborne illnesses (clean, separate, cook, and chill).

Recommendations for Specific Population Groups:

Women capable of becoming pregnant

- Choose foods that supply heme iron, which is more readily absorbed by the body, additional iron sources, and enhancers of iron absorption, such as vitamin C-rich foods.
- Consume 400 micrograms (mcg) per day of synthetic folic acid (from fortified foods and/or supplements) in addition to food forms of folate from a varied diet.

Women who are pregnant or breastfeeding

- Consume 8 – 12 ounces of seafood per week from a variety of seafood types.
- Due to their high methyl mercury content, limit white (albacore) tuna to 6 ounces per week and do not eat the following four types of fish; tilefish, shark, swordfish, and king mackerel.
- If pregnant, take an iron supplement, as recommended by an obstetrician or other health care provider.

Individuals ages 50 years and older

- Consume food fortified with vitamin B_{12}, such as fortified cereals, or dietary supplements.

Background: Sustainability Practices

The federal government recognizes the importance of promoting sustainable systems that protect our people, our planet, and our economic vitality. The commitment to sustainability goals is demonstrated in the following executive orders, USDA legislation, and USDA initiatives. These are a basis for the sustainability elements of these guidelines.

1. Executive Order 13423, "Strengthening Federal Environmental, Energy, and Transportation Management," directs agencies within the federal government to practice environmentally, economically, and fiscally sound, integrated, continuously improving, efficient, and sustainable methods of operation.

2. Executive Order 13514, "Federal Leadership in Environmental, Energy, and Economic Performance," provides the following general guidance for federal agencies:

- Increase energy efficiency; measure, report, and reduce greenhouse gas emissions from direct and indirect activities.
- Conserve and protect water resources through efficiency, reuse, and storm water management.
- Eliminate waste, recycle, and prevent pollution.
- Leverage agency acquisitions to foster markets for sustainable technologies and environmentally preferable materials, products, and services.
- Design, construct, maintain, and operate high performance sustainable buildings in sustainable locations.
- Strengthen the vitality and livability of the communities in which federal facilities are located.
- Inform federal employees about and involve them in the achievement of these goals.

3. USDA defines sustainable agriculture as Congress defined the term in 1990 (7 USC 3103), as an integrated system of plant and animal production practices having a site-specific application that will over the long-term accomplish the following:

- Satisfy human food and fiber needs.
- Enhance environmental quality and the natural resource base upon which the agriculture economy depends.
- Make the most efficient use of nonrenewable resources and on-farm resources and integrate, where appropriate, natural biological cycles and controls.
- Sustain the economic viability of farm operations.

Enhance the quality of life for farmers and society as a whole.

4. USDA encourages stronger connections between farmers and consumers, and support for local and regional food systems as a way to:

- foster economic opportunity for farmers and ranchers
- stimulate community economic development
- expand access to affordable fresh and local food
- cultivate healthy eating habits and educated, empowered consumers, and
- demonstrate the connection between food, agriculture, community, and the environment.

(For more information: http://www.usda.gov/knowyourfarmer).

Reference List

1. These nutrition and food standards are intended for generally healthy people and may not adequately consider people with medical conditions requiring specific diets.

2. A sustainable food system exists when production, processing, distribution, and consumption are integrated and related practices regenerate rather than degrade natural resources, are socially just and accessible, and support the development of local communities and economies (American Dietetic Association. Position of the American Dietetic Association: Food and nutrition professionals can implement practices to conserve natural resources and support ecological sustainability. JADA 2007;107:1033–43).

3. U.S. General Services Administration. Concessions and Cafeterias: Healthy Food in the Federal Workplace. http://www.gsa.gov/portal/content/104429. Accessed January 25, 2011.

4. U.S. General Services Administration. Concessions and Cafeterias: Healthy Food in the Federal Workplace. http://www.gsa.gov/portal/content/104429. Accessed January 25, 2011.

5. These guidelines will go into effect for each new cafeteria contract and for contract renewals by HHS and GSA. Contracts will be expected to include language that states that contractors will have to remain current with guidelines as they are updated and given a reasonable phase in period.

6. U.S. Department of Agriculture, Agricultural Research Service. 2009. Away from Home: Percentages of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, *What We Eat in America*, NHANES, 2005–2006. http://www.ars.usda.gov/ba/bhnrc/fsrg. Accessed January 25, 2011.

7. All menu labeling guidelines will be subject to change to meet the requirements of the Patient Protection and Affordable Care Act of 2010 SEC. 4205 NUTRITION LABELING OF STANDARD MENU ITEMS AT CHAIN RESTAURANTS as well as FDA's implementing regulations. FDA will publish proposed regulations to implement section 4205 on or before March 23, 2011.

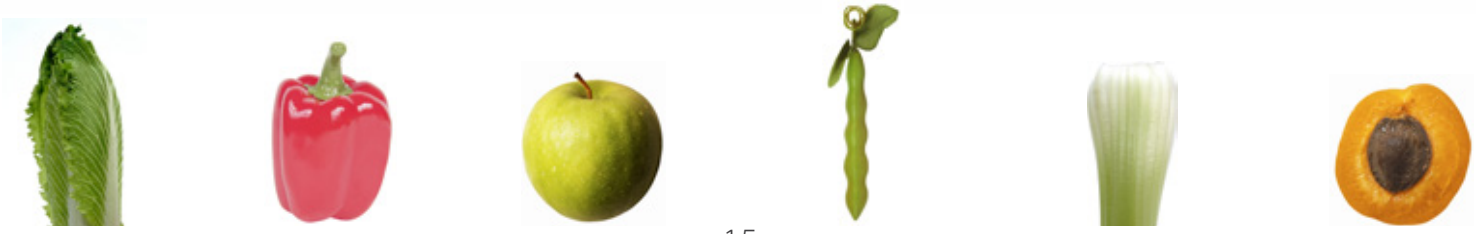
8. As specified in the Patient Protection and Affordable Care Act (H.R. 3590). Restaurants and similar retail food establishments and vending machine operators that are not subject to section 4205 may elect to be subject to these federal requirements by registering every other year with the FDA.

9. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fats, such as partially hydrogenated oils, and by limiting other solid fats.

10. One gram or less saturated fatty acids per the Reference Amount Customarily Consumed (RACC). Not more than 15% of calories from saturated fatty acids. (21 CFR 101.62 (c)(2).

11. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg for older-aged persons, African Americans, and with hypertension, diabetes, or chronic kidney disease.

12. All sodium values in this document are intended as a beginning step for sodium reduction in the overall diet; the values will be reassessed annually and adjusted based on consumer acceptance, contractor feasibility, and nutrition science.



13. Intake of 480 mg sodium per item is approximately 20% of the Dietary Guideline recommendation for daily intake. This value may be gradually decreased in response to changes in the customer acceptance and the marketplace. This allows for the availability of a wide variety of foods while excluding foods higher in sodium. All sodium values in this document are intended as a beginning step for sodium reduction in the overall diet; the values will be reassessed annually and adjusted based on consumer acceptance, contractor feasibility, and nutrition science.

14. Throughout the term "as served" will be used in reference to the amount of food served by a vendor and not a serving as defined by Reference Amount Customarily Consumed (RACC) that are used for packaged foods 21 CFR 101.12. The values associated with FDA definitions were used as the basis for these criteria. However, if an item is labeled with a nutrient content claim such as low sodium or healthy, labeling must be in accordance with FDA regulations for nutrition labeling of restaurant foods, and eligibility would be determined based on RACC or other criteria as specified in the claim (21 CFR 101.10).

15. The 3 industry definitions of a meal are 1. A basic meal consist of the main entree, a side of vegetable and a side of starch; 2. A meal can also include a beverage in addition to 1; 3. A full meal offering can consists of a salad or soup, the main entree, a vegetable, a starch and a dessert.

16. Intake of 900 mg sodium per meal is approximately 39% of the Dietary Guideline recommendation of 2,300 mg for daily intake. This value may be gradually decreased in response to changes in customer acceptance and the marketplace. This allows for the availability of a wide variety of foods while excluding foods higher in sodium. All sodium values in this document are intended as a beginning step for sodium reduction in the overall diet, the values will be reassessed annually and adjusted based on consumer acceptance, contractor feasibility, and nutrition science.

17. The vegetable standard of ≤230 mg sodium per serving is 10% of the Dietary Guidelines recommendation of no more than 2,300 mg sodium per day. This allows for the availability of a wide variety of vegetables while excluding some prepared vegetables that are higher in sodium. The initial goal of 230 mg will be reassessed and further reduced over time.

18. The value 140 mg or less per serving was derived by using the FDA definition for low sodium, which is ≤140 mg or less, per RACC. If an item is labeled with a nutrient content claim, then labeling must be in accordance with FDA regulations for nutrition labeling, which would be determined by RACC.

19. The cereal guideline of ≤230 mg sodium per serving is 10% of the Dietary Guidelines recommendation of no more than 2,300 mg sodium per day. This allows for the availability of a wide variety of cereals while excluding some prepared cereals that are higher in sodium. The initial goal is 230 mg, which will be reassessed and further reduced over time.

20. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium. Healthy People 2020 objective: NWS-17 Reduce consumption of calories from solid fats and added sugars in the population aged 2 years and older. http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=29. Accessed January 25, 2011.

21. Almost all sugars in cereal products are a result of added sweeteners; therefore contractors can rely on package labeling to determine the level of added sweetener (U.S. Department of Agriculture, Agricultural Research Service, 2006. Added Sugar Database, http://www.ars.usda.gov/nutrientdata. Accessed January 25, 2011).

22. Restricting a portion of the available cereal to contain less added sweeteners may assist customers in reducing their daily intake of calories, while not infringing on the choices they make for the 1–2 meals per day they might consume from workplace concessions operations (2005 DG Advisory report (p. 159).

23. The value 140 mg or less per serving was derived by using the FDA definition for low sodium, which is ≤140 mg or less per RACC. If an item is labeled with a nutrient content claim then labeling must be in accordance with FDA regulations for nutrition labeling, which would be determined by RACC.

24. These guidelines consider sweetened milk drinks sweetened beverages; thus, they will be subject to the guidance under the beverages section.

25. Healthy People 2020 objective: NWS-17 Reduce consumption of calories from solid fats and added sugars in the population aged 2 years and older. http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=29. Accessed January 25, 2011.

26. Sugars: Under 21 CFR 101.60(c) foods that bear the terms "reduced sugar," "reduced in sugar," "sugar reduced," "less sugar," "lower sugar" or "lower in sugar" must, among other things, contain at least 25% less sugar per reference amount customarily consumed (RACC) than an appropriate reference food (or for meals and main dishes, at least 25% less sugar per 100g of the appropriate reference food).

27. Restricting a portion of the available yogurt to contain less added sweeteners may assist customers in reducing their daily intake of sweeteners, while not infringing on the choices they make for the 1–2 meals per day they might consume from workplace concessions operations.

28. This standard is designed to assist customers in following specific dietary practices and is not based on nutritional requirements.

29. This assists in promoting a variety of protein choices.

30. Healthy People 2020 objective: NWS-17 Reduce consumption of calories from solid fats and added sugars in the population aged 2 years and older. http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=29. Accessed January 25, 2011.

31. The definition of "low calorie" is 40 kcal or less per RACC (RACC for beverages is 8 oz), 21 CFR 101.60(b). U.S. Food and Drug Administration. Guidance for Industry: A Labeling Guide for Restaurants and Other Retail Establishments Selling Away-From-Home Foods. http://www.fda.gov/food/guidancecomplianceregulatoryinformation/guidancedocuments/foodlabelingnutrition/ucm053455.htm. Accessed January 25, 2011.

32. In order to reduce the caloric density of available foods, these guidelines consider sweetened milks as sweetened beverages.

33. U.S. Food and Drug Administration. Code of Federal Regulations, Title 21, Sec. 101.30, Percentage juice declaration for foods purporting to be beverages that contain fruit or vegetable juice. http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.30. Accessed January 25, 2011.

34. The vegetable juice standard of ≤230 mg sodium per serving is 10% of the Dietary Guidelines recommendation of no more than 2,300 mg sodium per day. This allows for the availability of a wide variety of vegetables while excluding some prepared vegetables that are higher in sodium. The initial goal is 230 mg, which will be reassessed and further reduced over time.

35. U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2010: Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.

36. The value 140 mg or less per serving was derived by using the FDA definition for low sodium, which is ≤140 mg per RACC. If an item is labeled with a nutrient content claim then labeling must be in accordance with FDA regulations for nutrition labeling, which would be determined per RACC.

37. U.S. Department of Agriculture. Sample Biobased Language for Custodial Services. http://www.dm.usda.gov/procurement/programs/biobased/CustodialJanitorialFY08.pdf. Accessed January 25, 2011.

38. U.S. Department of Agriculture. Sample Biobased Language for Food Service/Cafeteria. http://www.dm.usda.gov/procurement/programs/biobased/FoodServiceCafeteriaFY08.pdf. Accessed January 25, 2011.

39. Current research on food service operations at hospitals, colleges, and universities suggests that meeting a 25% purchasing level of local, organic, and/or sustainably grown food is achievable without incurring significant increases to their overall operating budget. A recent survey of California food service buyers from colleges and other institutions shows that they can increase purchases from local growers by up to 38% of their produce budget without confronting significant barriers (Hardesty et al., in press. Institutional Food Distribution Systems: Bringing Students, Farmers and Food Service to the Table). Other survey and case study examples documenting institutional food service operations confirm these findings. For example, Johnson, D. B. and G. W. Stevenson, 1998. Something to Cheer About: National Trends and Prospects for Sustainable Agriculture Products in Food Service Operations of Colleges and Universities. http://www.cias.wisc.edu/farm-to-fork/something-to-cheer-about/.

40. USDA's national regulatory program explicitly defines organic agriculture as an ecological production system, established "to respond to site-specific conditions by integrating cultural, biological and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity." USDA requires organic farmers and ranchers to use practices that maintain or improve the physical, chemical, and biological condition of soil, minimize soil erosion, and accommodate an animal's natural nutritional and behavioral requirements. National Organic Program: http://www.ams.usda.gov/AMSv1.0/nop. Accessed January 31, 2011.

41. U.S. Department of Agriculture. Know Your Farmer, Know Your Food: Rationale and programs supporting local and regional food systems. http://www.usda.gov/knowyourfarmer. Accessed January 25, 2011.

42. The statutory definition of sustainable agriculture (7 USC 3103) is a guide to the elements to look for in a sustainability program. The government does not endorse any particular labeling or documentation system or program over another, and recognizes that many agricultural producers practice sustainable agriculture without their products being labeled as such. Consideration should be given to documenting sustainable sourcing across the entire supply chain for products that include multiple ingredients.

43. Third party verification is recommended.

44. Examples of "Best Choices" do not imply government endorsement of these standards. Only endorsements made directly by governing agencies (e.g., USDA, FDA) should be considered government endorsements.

44.* The NOAA FishWatch Program defines sustainable seafood as "catching or farming seafood responsibly, with consideration for the long-term health of the environment and the livelihoods of the people that depend upon the environment." Verifying the health and sustainability of U.S. and international fisheries is not always simple. Domestic fisheries are managed by State and Federal agencies under legally established fisheries management plans. International fisheries are managed under sovereign laws and international treaties. Guidance on how to make sustainable seafood choices is found on the NOAA FishWatch site at www.fishwatch.gov/buying_seafood/choosing_sustainable.htm.

45. U.S. House of Representatives. Patient Protection and Affordable Care Act. Section 4205. Restaurants and similar retail food establishments and vending machine operators that are not subject to section 4205 may elect to be subject to these federal requirements by registering every other year with the FDA. http://docs.house.gov/energycommerce/ppacacon.pdf. Accessed January 25, 2011.

46. A value of 230 mg is 10% of the Dietary Guidelines for sodium (2,300 mg). This value is also consistent with the Alliance for a Healthier Generation's vending guidelines, supported by the Snack Food Association. Also, because vending machine foods are intended as snack items, this is approximately half the amount of sodium permitted in individual food items (480mg).

47. A value of 480 mg sodium or less per serving is consistent with FDA regulations for "healthy" claims. The value 480 mg sodium is also consistent with the Alliance for a Healthier Generation's vending guidelines, supported by the snack food association.

48. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Consume less than 10% of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids. This value is also consistent with the Alliance for a Healthier Generation's vending guidelines, supported by the snack food association.

49. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium. Although the *Dietary Guidelines for Americans, 2010* do not state a specific limit on added or total sugars, these criteria are consistent with the specific recommendation in the IOM report *Nutrition Standards for Foods in Schools: Leading a way Toward Healthier Youth* to limit total sugars to no more than 35% of total calories. Also, Healthy People 2020 objective: NWS-17 Reduce consumption of calories from solid fats and added sugars in the population aged 2 years and older; http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=29. Accessed January 25, 2011.

50. In order to reduce the caloric density of available foods, these guidelines consider sweetened milks as sweetened beverages.

51. The vegetable juice standard of ≤230 mg sodium per serving is 10% of the Dietary Guidelines recommendation of no more than 2,300 mg sodium per day. This allows for the availability of a wide variety of vegetables that are inherently low sodium foods while excluding some prepared vegetables that are higher in sodium. The initial goal of 230 mg will be reassessed and further reduced over time.

52. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.

53. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*. http://www.cnpp.usda.gov/DGAs2010-DGACReport.htm. Accessed January 26, 2011.

54. Added sugars: Caloric sweeteners that are added to foods during processing, preparation, or consumed separately. Solid fats: Fats with a high content of saturated and/or trans fatty acids, which are usually solid at room temperature. Refined grains: Grains and grain products missing the bran, germ, and/or endosperm; any grain product that is not a whole grain.

55. Milk and milk products also can be referred to as dairy products.

56. U.S. Department of Agriculture. Information on the type and strength of evidence supporting the Dietary Guidelines' recommendations can be found at http://www.nutritionevidencelibrary.com. Accessed January 25, 2011.

57. Fortified soy beverages have been marketed as "soymilk," a product name consumers could see in supermarkets and consumer materials. However, FDA's regulations do not contain provisions for the use of the term soymilk. Therefore, in this document, the term "fortified soy beverage" includes products that may be marketed as soymilk.

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