

HEALTHIER COLUMBIA CAFE & CAFETERIA GUIDE



STEP 1: SHOWCASE HEALTHIER COLUMBIA APPROVED BEVERAGES

- Offer 75% or more of all beverages as Healthier Columbia Approved beverages, with 25 calories or less per 8 ounces
 - Water, plain and flavored seltzer, diet soda and unsweetened iced tea or coffee drinks are encouraged (*see page 6 for more!*)
 - NYC tap water is an easy and sustainable option whenever food is served!
 - Highlight these items with the Healthier Columbia Approved seal
- If serving *high calorie beverages*, promote nutrient dense options such as, reduced fat milk, 100% fruit juice, and/or 100% vegetable juice and serve in 16 oz containers, or less

STEP 2: AMPLIFY NUTRIENTS WITH MORE FRUITS AND VEGETABLES

- Serve five or more fruits and vegetables daily, when breakfast, lunch and dinner are served
 - If your cafe or cafeteria serves two meals per day, aim for three or more fruits and vegetables *per meal*
 - Support our planet by ordering local¹ and organic² fruits and vegetables whenever possible
 - Frozen fruits and vegetables are an excellent choice, offering similar nutrition to that of fresh varieties
 - Nutrient-rich side dishes like green leafy salads with vinaigrette and other dark green, red or yellow vegetables are encouraged
- Increase visibility and sales by placing fruits and vegetables at the start of the cafe line, or at eye-level whenever possible

STEP 3: ENERGIZE THE MENU WITH WHOLE GRAINS

- Offer 50% or more of all grains as 100% whole wheat or whole grain varieties
 - Whole grains such as brown rice and quinoa and 100% whole wheat or whole grains products, such as bread, cereal and pasta, are a better source of energy and nutrients than refined varieties
 - Offer grain-based foods that are lower in salt and sugar and higher in fiber (*see page 5 for additional nutrition recommendations*)
- Doughnuts, pastries, and sweet buns are not recommended

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STEP 4: GO FOR PLANT-BASED OR OTHER LEAN PROTEINS

- Serve at least one plant based protein, including lentils, beans, chickpeas, whole soy, nuts, or seeds
- Better sources of animal protein sources include leaner sources, such as skinless poultry, eggs, reduced-fat cheese, and sustainable seafood
- Limit processed meats (luncheon meats, sausage, hot dogs, and bacon) to two varieties or less per meal

**See page 6 for additional recommendations!*

STEP 5: STOCK HEALTHIER COLUMBIA APPROVED SNACKS

- Healthier Columbia Approved snacks list a whole food as the first ingredient and meet additional nutrition criteria (*see page 6 for additional nutrition recommendations and examples*)
 - Highlight these options by displaying the Healthier Columbia Approved seal

STEP 6: MAKE THE HEALTHY AND SUSTAINABLE CHOICE THE EASY CHOICE

- Optimize nutritional value through food preparation and serving techniques
 - Bake, steam, grill, lightly sauté foods in plant-based oils or serve raw rather than frying
 - Maintain each dish's integrity by serving sauces and condiments on the side
 - Flavor foods with herbs and spices, while enhancing antioxidant content too
- Promote sensible portion sizes by offering mini bagels, muffins and desserts and by using smaller plates, cups and bowls
- Highlight Healthier Columbia Approved items with labels, price incentives and other marketing strategies

STEP 7: SUPPORT OUR PLANET WITH SUSTAINABLE PRACTICES

- Choose locally sourced¹ and certified organic² food and beverages whenever possible
- Consider donating extra food to food banks or shelters to minimize waste while supporting our community
- Offer recycling and composting bins with signage during meal service


HEALTHIER COLUMBIA APPROVED: LABELING AND SIGNAGE




Display the Healthier Columbia Approved seal to highlight meals, snacks, beverages, and other items meeting the Healthier Columbia Approved recommendations.

EXAMPLES OF LABELING AND SIGNAGE:




Lunch Menu

VEGGIE BURGER	KALE SALAD WITH TAHINI
CURRY EGGPLANT WRAP	MUSHROOM FRITTATA
JERK CHICKEN SANDWICH	BROWN RICE BOWL
BAKED SWEET POTATO WEDGES	ORGANIC MIXED GREEN SALAD


SNACK CRITERIA
PER PACKAGE

Calories	≤200
Saturated Fat*	≤2 g
Trans Fat	0 g
Sodium	≤200 mg
Fiber*	≥2 g
Sugar*	≤10 g
First Ingredient	Fruit, vegetable, dairy product, nut, seed or whole grain

*Exemptions apply

THE HEALTHIER COLUMBIA FOOD AND BEVERAGE PROGRAM
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BEVERAGE CRITERIA

Calories: ≤25 calories per 8 ounces

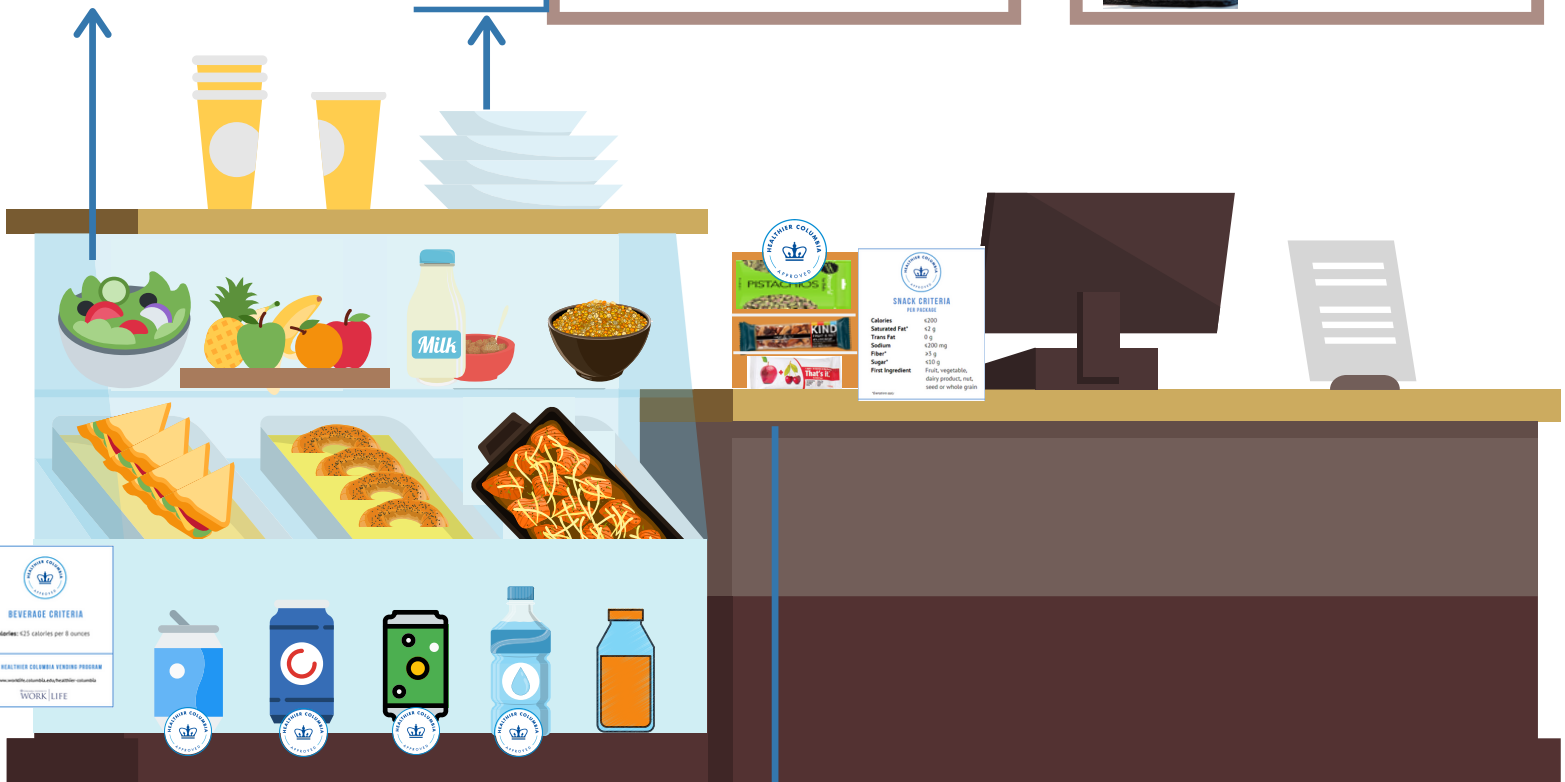
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Marketing materials, including signage and style guide are available on the Healthier Columbia page-
www.worklife.columbia.edu/healthiercolumbia

EXAMPLE OF A HEALTHIER COLUMBIA APPROVED CAFE

- Highlight Healthier Columbia Approved items with price incentives and marketing strategies

- 9-inch plates and 16-oz cups encourage appropriate serving sizes
- Fresh fruit and vegetable options are available and displayed close to eye level



- Promote Healthier Columbia Approved snacks and beverages with signs and labels
- Serve higher calorie beverages in 16 oz containers, or less
- Sell or offer water whenever food is served

HEALTHIER COLUMBIA APPROVED VALUE MEALS

- **Recommended criteria:**

- ✓ Served with a **fresh fruit**
- ✓ Include at least one, fresh or frozen, **non-starchy vegetable** (lunch and dinner)
- ✓ Align with other Healthier Columbia Approved nutrition recommendations such as incorporating **whole grains** and **plant based** or **lean proteins** (including skinless poultry, sustainable seafood and reduced fat dairy), as applicable
- ✓ Utilize **healthy cooking and serving methods** such as baked, grilled broiled and with sauces and condiments on the side
- ✓ **Calories:** 650 calories or less per meal, as applicable
- ✓ **Sodium:** 800 mg or less per meal, as applicable

Examples of Healthier Columbia Approved Value Meals:

- **Breakfast combo:** 2% yogurt with organic banana and small whole grain granola cup
- **Boxed lunch:** Baked organic tofu with local mixed greens and shredded carrots in a whole grain wrap with sesame ginger dressing on the side and organic apple
- **Lunch or dinner to go:** Pre-packaged grilled sustainable salmon salad with arugula, cannellini beans, and sun dried tomatoes with a side of lemon vinaigrette and a fresh orange

HEALTHIER COLUMBIA APPROVED MENU ITEMS

- **Recommended criteria:**

- ✓ Include at least one, fresh or frozen, **non-starchy vegetable** or **fresh fruit**
- ✓ Include **whole grains**, if applicable
- ✓ Incorporate a **plant based** or **other lean protein** (including poultry, seafood and dairy), if applicable
- ✓ Utilizes **healthy cooking and serving methods** such as baked, grilled, broiled, and with sauces and condiments on the side

Examples of Healthier Columbia Approved Menu Items:

- **Breakfast:** 2 egg omelet with organic spinach and tomatoes
- **Lunch:** Veggie burger on whole grain bun with local mixed greens and yogurt ranch dressing on the side
- **Side dish:** Sauteed string beans with toasted almonds
- **Salad:** Organic kale lentil salad with lemon cumin vinaigrette
- **Dinner:** Baked Jamaican spiced chicken breast over apple cabbage slaw
- **Dessert:** Fresh fruit salad with coconut and mint



HEALTHIER COLUMBIA APPROVED BEVERAGES

- Recommend 75% or more beverages as **Healthier Columbia Approved beverages**, with 25 calories or less per 8 ounces.



Examples of Healthier Columbia Approved Beverages:	Size (oz):
Aquafina, Water	20
Bubly, Sparkling Water, all flavors	12
Coke Zero	12
Dasani, Water	20
Diet Coke	12
Diet Pepsi	12
Doctor Pepper, Diet	12
Gatorade, Thirst Quencher Low Sugar, all flavors	20
Gatorade, Zero, all flavors	20
Glaceau, Smart Water	20
Gold Peak, Unsweetened Tea, all flavors	18.5
Honest Tea, Unsweet, all flavors	16.9
Life Wtr, Water	20
Minute Maid, Light, all flavors	16.9
Mtn Dew, Diet	12
Right Water, Water	20
Schwepps, Sparkling Water Beverages (all flavors)	20
Starbucks, Cold Brew, Black (unsweetened)	11
Vitaminwater Zero, all flavors	20

WHOLE GRAINS

- Recommend at least one half of grains served as whole grains such as brown rice and quinoa and 100% whole wheat or whole grains products, such as bread, cereal and pasta, meeting the standards below.



Nutrient:	Recommendation (per serving):
Sodium	180 mg or less
Sugar	10 g or less
Fiber	3 g or more



PLANT-BASED AND OTHER LEAN PROTEINS

- Recommend serving at least one plant-based protein including lentils, beans, chickpeas, whole soy, nuts, or seeds, whenever food is served. See recommendations for plant-based and other lean proteins below.



Protein:	Nutrition Recommendations:
Legumes, canned, (e.g.: beans, chickpeas, and lentils)	290 mg sodium or less per serving
Nuts and nut butters	140 mg sodium or less per serving with 0 g trans-fat and without partially hydrogenated oils
Cheese	Reduced fat, 2%, or less <i>*Alternatively serve 1-ounce portion of full fat cheese</i>
Beef	10% fat or less
Pork	10% fat or less
Ground meat	90% lean or more
Seafood, fresh, canned, or frozen	290 mg sodium or less per serving <i>*Sustainable seafood³ is preferred</i>
Yogurt	Low-fat or non-fat with 30 g sugar or less per 8 ounces

*for additional protein recommendations, see the full Healthier Columbia Recommended Food and Beverage Standard at <https://worklife.columbia.edu/healthier-columbia>.

HEALTHIER COLUMBIA APPROVED SNACKS

- **Healthier Columbia Approved** snacks list a fruit, vegetable, dairy product, nut, seed or whole grain as a first ingredient and meet the following nutrition standards:



Protein:	Nutrition Recommendations:
Legumes, canned, (e.g.: beans, chickpeas, and lentils)	290 mg sodium or less per serving
Nuts and nut butters	140 mg sodium or less per serving with 0 g trans-fat and without partially hydrogenated oils
Cheese	Reduced fat, 2%, or less <i>*Alternatively serve 1-ounce portion of full fat cheese</i>
Beef	10% fat or less
Pork	10% fat or less
Ground meat	90% lean or more
Seafood, fresh, canned, or frozen	290 mg sodium or less per serving <i>*Sustainable seafood³ is preferred</i>
Yogurt	Low-fat or non-fat with 30 g sugar or less per 8 ounces

HEALTHIER COLUMBIA APPROVED RECOMMENDATIONS



HEALTHIER COLUMBIA APPROVED SNACKS, CONTINUED



Examples of Healthier Columbia Approved Snacks:	Size (oz):
Bare, Baked Crunchy Fuji & Reds	0.5
Beanitos, Black Bean Sea Salt	1.2
Cheezit, Baked Snack Crackers (Whole Grain)	1
Dang, Coconut Chips	0.7
Doritos, Nacho Cheese (Reduced Fat)	1
Eden, Pumpkin Seeds, Dry Roasted	1
Fiber One, Oats and Dark Chocolate Bar	1.4
General Mills, Cinnamon Toast Crunch Cereal Bar	1.4
General Mills, Trix Cereal Bar	1.42
Good Natured, Baked Vegetable Crisps	1
Harvest Snaps, Baked Green Pea Crisps	0.75
Hippeas, Vegan White Cheddar	1
Indiana Popcorn, Kettlecorn	1
Kashi, Trail Mix Chewy Granola Bar	1.2
KIND, select flavors (Almond & Apricot Bar, Fruit & Nut, Dark Chocolate & Sea Salt)	1.4
Larabar, select flavors (Apple Pie, Carrot Cake)	1
Lays, 40% Reduced Fat, Jalapeño Cheddar or Sea Salt & Vinegar	1.75
Lays, 40% Reduced Fat, Original	1.375
Lays, Baked, BBQ	0.9
Lays, Baked, Original	1.13
Mr. Nature, Almonds, unsalted	1
Mr. Nature, Cashews, unsalted	1
Peeled Snacks, Apple or Mango	1.23
Pop Chips, Nutter Puffs or Peanut Butter & Chocolate	1
Quaker, Breakfast Flats, select flavors (Banana Honey Nut, Cookie Chocolate Chip)	1.4
Quaker, Chewy, Chocolate Chip	1.48
Sahale, Fruit & Nut Bar	1.5
Skinny Pop, Popcorn	0.65
Stacy's Pita Chips, Cinnamon Sugar	1.5
Sun Chips, Original or Garden Salsa	1
Terra, chips, Original or Blues	1
That's It Bar, Apple Pear or Apple Cherry	1.2
The Daily Crave, Veggie Chips	1
Wonderful, Pistachios, with shells	1
Wonderful, Pistachios, without shells	0.75

NOTES

- ¹ **Local:** Based on the definition in the Food, Conservation, and Energy Act of 2008: Conference Report to Accompany H.R. 2419, locally sourced refers to an agricultural product that is transported less than 400 miles from its origin or is distributed within the same state as it was produced. (US House of Representatives. Washington DC: US Government Publishing Office; 2008.)
- ² **Organic:** According to the US Department of Agriculture (USDA), “Organic is a labeling term for food or other agricultural products that have been produced using cultural, biological, and mechanical practices that support the cycling of on-farm resources, promote ecological balance, and conserve biodiversity in accordance with the USDA organic regulations.” (US Department of Agriculture. About the National Organic Program. 2016; <https://www.ams.usda.gov/publications/content/about-national-organic-program>. Accessed June 12, 2018.)
- ³ **Sustainable Seafood:** The National Oceanic and Atmospheric Administration (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.” The Monterey Bay Aquarium Seafood Watch List defines sustainable seafood as “seafood from sources, whether fished or farmed, that can maintain or increase production without jeopardizing the structure and function of affected ecosystems.” Guidance on how to make sustainable seafood choices is found on the NOAA FishWatch website at <http://www.fishwatch.gov> and on the Monterey Bay Aquarium Seafood Watch List at <http://www.seafoodwatch.org/seafood-recommendations>.

HEALTHIER COLUMBIA RECOMMENDED FOOD AND BEVERAGE STANDARD

Convened by the Office of Work/Life, the Nutrition Academic Advisory Committee and the Food and Nutrition Working Group developed the Healthier Columbia Recommended Food and Beverage Standard to meet the following high-level goal:

Towards building a culture of health, foster the wellness of the Columbia community by:

- Providing access to healthful and sustainable food and beverages
- Strengthening food and beverage environments where the affordable, informed, and convenient choice is the healthy choice.

In alignment with the Dietary Guidelines for Americans 2015-2020 and the Healthy People 2020 Nutrition and Weight Status Objectives, the Healthier Columbia Recommended Food and Beverage Standard includes food and nutrition guidance that supports a healthier eating pattern for the Columbia community, by offering a variety of fruit and vegetable options, plant-based proteins and freely available drinking water.

The Office of Work/Life and many other stakeholders will work towards supporting the implementation of the Healthier Columbia Recommended Food and Beverage Standard in various university food environments over the coming years.

To learn more visit: <https://worklife.columbia.edu/healthier-columbia>



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