



# HEALTHIER COLUMBIA RECOMMENDED FOOD AND BEVERAGE STANDARD

**\*MEETINGS AND EVENTS**

**\*VENDING MACHINES**

**\*CAFES & CAFETERIAS**



# TABLE OF CONTENTS

Meeting and Events Standards.....	3
Vending Standards.....	6
Cafe and Cafeteria Standards.....	7
Thank You to Our Partners.....	9
Notes.....	10
Join the Healthier Columbia Movement.....	10
Office of Work/Life Contact.....	10

## THE 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.

*\*The Healthier Columbia Recommended Food and Beverage Standard will be revised every 3-5 years to reflect the most current body of food and nutrition science.*



# MEETINGS AND EVENTS STANDARDS

## BEVERAGES

1. Offer water, preferably tap water, when food and/or beverages are served.
2. Offer  $\geq 75\%$  low calorie ( $\leq 25$  calories/8 ounces) beverage options.
3. Offer high calorie ( $\geq 25$  calories/8 ounces) beverage options in  $\leq 16$  ounce (preferably  $\leq 12$  ounce) containers, if serving high calorie beverages.<sup>1</sup>
  - \*Offer only reduced fat (2% or less) or unsweetened milk or milk substitutes, if serving milk.
    - Does not include milk available as a condiment for coffee or tea service.
  - \*Offer only 100% fruit juice and/or 100% vegetable juice ( $\leq 230$ mg sodium/8 ounces), if serving juice.

## FRUITS AND VEGETABLES

1. Offer  $\geq 1$  fresh or frozen, preferably local<sup>2</sup> and/or organic<sup>3</sup> fruit when serving food.
2. Offer  $\geq 1$  fresh or frozen, preferably local<sup>2</sup> and/or organic<sup>3</sup> vegetable that includes dark green, red, and yellow vegetables (served cooked or raw) when serving lunch and dinner.

## WHOLE GRAINS

1. Offer  $\geq 75\%$  whole grain varieties (e.g., whole grains such as brown rice and quinoa and foods made from 100% whole wheat or whole grains such as bread, wraps, bagels and pasta) when serving grains.
  - \*No doughnuts, pastries or sweet buns to be served.
2. Offer breads, cereals, and grains with  $\leq 180$ mg sodium,  $\leq 10$ g sugar and  $\geq 3$ g fiber/serving.

## PROTEIN

1. Offer  $\geq 1$  plant-based protein such as legumes (e.g., beans and peas) with  $\leq 290$ mg sodium/serving or nut butters with  $\leq 140$ mg sodium/serving and no partially hydrogenated oils (0g trans-fat) when serving lunch and dinner.
2. Offer lean sources of animal proteins such as skinless poultry, eggs, seafood, reduced-fat cheese (or 1 ounce portions of full-fat cheese), beef and pork (total fat  $\leq 10\%$ ), or ground meat ( $\geq 90\%$  lean), if serving animal protein.
  - \*Offer seafood procured from fisheries and aquaculture operations that are responsibly managed, sustainable, and healthy,<sup>4</sup> as available.
  - \*Offer meat raised without the use of routine, non-therapeutic antibiotics, as available.
  - \*Offer canned or frozen seafood or poultry with  $\leq 290$ mg sodium/serving.
3. Offer only one variety of processed meats, if serving processed meats.
  - \*Offer luncheon meats, hot dogs, and sausage with  $\leq 480$ mg sodium/serving and bacon with  $\leq 290$ mg sodium/serving.
4. Offer low-fat or non-fat yogurt ( $\leq 30$ g sugar/8 ounces), when serving yogurt.

# MEETINGS AND EVENTS STANDARDS

## PACKAGED SNACKS

1. Offer  $\geq 75\%$  packaged snacks that list a fruit, vegetable, dairy product, nut, seed or whole grain as a first ingredient and meet the following nutrition standards (per package):
  - \*  $\leq 200$  calories
  - \*  $\leq 2$ g saturated fat
    - Nuts, seeds, nut butters, products containing nuts or nut butter, and cheese are exempt.
  - \* 0g trans-fat and without "partially hydrogenated oils"
  - \*  $\leq 200$ mg sodium
  - \*  $\geq 3$ g fiber, as available if product is grain/potato based
  - \*  $\leq 10$ g sugar; products listing a fruit or vegetable as the first ingredient with no added sugars are exempt.

## PURCHASING & FOOD PREPARATION

1. Use healthier cooking methods (e.g., baking, grilling, roasting, sautéing, steaming, or broiling) using plant-based oils (e.g., canola oil, sunflower oil, olive oil, and safflower oil) when serving cooked food.
  - \*No deep-fried foods, including French fries and fried potato chips, to be served.
2. Ensure reasonable portion sizes.
  - \*Offer mini muffins, small rolls, or sandwiches and bagels cut in half.
  - \*Offer small ( $\leq 200$  calorie) dessert portions (e.g., mini cookies) with no partially hydrogenated oils (0g trans-fat), if serving dessert.
3. Offer all condiments and dressings on the side.
4. Use herbs and spices and limit salt to flavor foods.
  - \*Offer soup with no more than 480mg sodium/8 ounces and  $\geq 50\%$  of all sandwiches, salads and entrees with no more than 800mg sodium.
5. Offer  $\geq 35\%$  of foods and beverages as locally sourced<sup>2</sup>, certified organic<sup>3</sup>, produced with another certified community-development or environmentally beneficial practice, or any combination thereof.
6. Incorporate a food donation plan into standard operating procedure to reduce food waste, as available (e.g., donating extra food to food banks or shelters or composting during food preparation).



# MEETINGS AND EVENTS STANDARDS

## BEHAVIORAL DESIGN

1. Use price incentives and marketing strategies to highlight healthier and sustainable food and beverage items (e.g., feature meals that include only healthier and sustainable offerings, promote healthier and sustainable items through sales or pricing specials; offer healthier and sustainable foods and beverages at a lower price than less healthy items).
2. Use information, displays, decorations, labeling and signage to highlight healthier and sustainable choices.
  - \*Provide calorie and nutrition information of standard menu items, as available.
  - \*Provide recycling and composting bins with clear signage adjacent to trash bins, as available.
3. Promote healthy portion sizes by optimizing the size of plates, bowls, glasses, other dishware, and serving ware (e.g., use tongs and serving spoons that match appropriate serving sizes in all serving lines, including self-serve; use smaller plates and bowls where consumers self-serve to encourage appropriate portion size selection).
  - \*Use eco-friendly disposable wares when needed and as available.





# VENDING STANDARDS

## BEVERAGES

1. Offer  $\geq 75\%$  of available beverage slots with unflavored water, seltzer, and other low calorie ( $\leq 25$  calories/8 ounces) beverage options.
  - \*Stock water and seltzer at eye level or in the highest selling position.
2. Offer  $\leq 25\%$  of available beverage slots with high calorie ( $\geq 25$  calories/8 ounces) beverage options in  $\leq 16$  ounce (preferably  $\leq 12$  ounce) containers, if serving high calorie beverages.<sup>1</sup>
  - \*Stock high calorie beverages farthest from eye level or in the lowest selling position.
  - \*Offer only reduced fat (2% or less) or unsweetened milk or milk substitutes, if serving milk.
  - \*Offer only 100% fruit juice and/or 100% vegetable juice ( $\leq 230$ mg sodium/8 ounces), if serving juice.

## PACKAGED SNACKS

1. Offer  $\geq 75\%$  packaged snacks that list a fruit, vegetable, dairy product, nut, seed or whole grain as a first ingredient and meet the following nutrition standards (per package):
  - \*  $\leq 200$  calories
  - \*  $\leq 2$ g saturated fat
    - Nuts, seeds, nut butters, products containing nuts or nut butter, and cheese are exempt
  - \* 0g trans-fat and without "partially hydrogenated oils"
  - \*  $\leq 200$ mg sodium
  - \*  $\geq 3$ g fiber, as available if product is grain/potato based
  - \*  $\leq 10$ g sugar; products listing a fruit or vegetable as the first ingredient with no added sugars are exempt

## PURCHASING

1. Offer  $\geq 10\%$  of foods and beverages as locally sourced<sup>2</sup>, certified organic<sup>3</sup>, produced with another certified community-development or environmentally beneficial practice, or any combination thereof.

## BEHAVIORAL DESIGN

1. Use price incentives and marketing strategies to highlight healthier and sustainable food and beverage items (e.g., utilize promotional space to advertise healthy and sustainable food or beverage choices; offer healthier and sustainable foods and beverages at a lower price than less healthy items).
2. Use information, displays, decorations, labeling and signage to highlight healthier and sustainable choices.
  - \*Provide calorie and nutrition information (saturated fat, trans-fat, sodium, fiber, and sugar) of each item, as packaged.

# CAFE AND CAFETERIA STANDARDS



## BEVERAGES

1. Offer water, preferably tap water, when food and/or beverages are served.
2. Offer  $\geq 75\%$  low calorie ( $\leq 25$  calories/8 ounces) beverage options.<sup>1</sup>
3. Offer high calorie ( $\geq 25$  calories/8 ounces) beverages in  $\leq 16$  ounce containers, if serving high calorie beverage options.<sup>1</sup>
  - \*Offer only reduced fat (2% or less) or unsweetened milk or milk substitutes, if serving milk.
    - Does not include milk available as a condiment for coffee or tea service.
  - \*Offer only 100% fruit juice and/or 100% vegetable juice ( $\leq 230$ mg sodium/8 ounces), if serving juice.

## FRUITS AND VEGETABLES

1. Offer  $\geq 5$  fresh or frozen, preferably local<sup>2</sup> and/or organic,<sup>3</sup> fruits and/or vegetables, per day, when serving breakfast, lunch, and dinner OR offer  $\geq 3$  fresh or frozen, preferably local<sup>2</sup> and/or organic,<sup>3</sup> fruits and/or vegetables, per meal, when only serving lunch and dinner.
  - \*Offer  $\geq 1$  fresh or frozen vegetable option that includes dark green, red and yellow vegetables (served cooked or raw), when serving lunch and dinner.
  - \*Offer  $\geq 1$  leafy green salad and at least one vinegar-based salad dressing.

## WHOLE GRAINS

1. Offer  $\geq 50\%$  whole grain varieties (e.g., whole grains such as brown rice and quinoa and foods made from 100% whole wheat or whole grains such as bread, wraps, bagels, and pasta) when serving grains.
  - \*No doughnuts, pastries or sweet buns to be served
2. Offer breads, cereals, and grains with  $\leq 180$ mg sodium,  $\leq 10$ g sugar and  $\geq 3$ g fiber/serving.

## PROTEIN

1. Offer  $\geq 1$  plant-based protein such as legumes (e.g., beans and peas) with  $\leq 290$ mg sodium/serving, seeds, or nuts or nut butters with  $\leq 140$ mg sodium/serving and no partially hydrogenated oils (0g trans-fat) when serving food.
2. Offer lean sources of animal proteins such as skinless poultry, eggs, seafood, reduced-fat cheese (or 1-ounce portions of full-fat cheese), beef and pork (total fat  $\leq 10\%$ ) and ground meat ( $\geq 90\%$  lean), if serving animal protein.
  - \*When seafood options are available, offer seafood procured from fisheries and aquaculture operations that are responsibly managed, sustainable, and healthy.<sup>4</sup>
  - \*Offer canned or frozen seafood or poultry with  $\leq 290$ mg sodium/serving.
3. Offer  $\leq 2$  varieties of processed meats (e.g., luncheon meats, hot dogs, and sausage with  $\leq 480$ mg sodium/serving), if serving processed meats.
  - \*Offer bacon with  $\leq 290$ mg sodium/serving.
4. Offer low-fat or non-fat yogurt ( $\leq 30$ g sugar/8 ounces or equivalent) when serving yogurt.

# CAFE AND CAFETERIA STANDARDS



## PACKAGED SNACKS

1. Offer  $\geq 75\%$  packaged snacks that list a fruit, vegetable, dairy product, nut, seed or whole grain as a first ingredient and meet the following nutrition standards (per package):
  - \*  $\leq 200$  calories
  - \*  $\leq 2$ g saturated fat
    - Nuts, seeds, nut butters, products containing nuts or nut butter, and cheese are exempt
  - \* 0g trans-fat and without "partially hydrogenated oils"
  - \*  $\leq 200$ mg sodium
  - \*  $\geq 3$ g fiber, as available if product is grain/potato based
  - \*  $\leq 10$ g sugar; products listing a fruit or vegetable as the first ingredient with no added sugars are exempt

## PURCHASING AND FOOD PREPARATION

1. Use healthier cooking methods (e.g., baking, grilling, roasting, sautéing, steaming, or broiling) using plant-based oils (e.g., canola oil, sunflower oil, olive oil, and safflower oil) when serving cooked food.
  - \*No deep-fried foods, including French fries and fried potato chips, to be served.
2. Ensure reasonable portion sizes.
  - \*Offer mini muffins, small rolls, or sandwiches and bagels cut in half.
  - \*When dessert is served, offer  $\geq 50\%$  of desserts in  $\leq 200$  calorie portions, such as mini cookies, with no "partially hydrogenated oils" (0 g trans-fat).
3. Offer all condiments and dressings on the side.
4. Use herbs and spices and limit salt to flavor foods.
  - \*Offer soup ( $\leq 480$  mg sodium/ 8 ounces) and  $\geq 50\%$  of all sandwiches, salads and entrees ( $\leq 800$  mg sodium).
5. Offer  $\geq 35\%$  of foods and beverages as locally sourced<sup>2</sup>, certified organic<sup>3</sup>, produced with another certified community-development or environmentally beneficial practice, or any combination thereof.
6. Incorporate a food donation plan (e.g. donate extra food to food banks or shelters) into standard operating procedure as available.

## BEHAVIORAL DESIGN

1. Use price incentives and marketing strategies to highlight healthier and sustainable food and beverage items (e.g., featuring meals that include only healthier and sustainable offerings; promoting healthier and sustainable items through sales or pricing specials; offering healthier and sustainable foods and beverages at a lower price than less healthy items; offer value meals with  $\leq 650$  calories and  $\leq 800$  mg sodium with fresh fruit and a non-starchy vegetable).
2. Use information, displays, decorations, labeling and signage to highlight healthier and sustainable choices.
  - \*Provide calorie and nutrition information of standard menu items as available.
  - \*Provide recycling and composting bins with clear signage adjacent to trash bins as available.
3. Promote healthy portion sizes by optimizing the size of plates, bowls, glasses, other dishware, and serving ware (e.g., use tongs and serving spoons that match appropriate serving sizes in all serving lines, including self-serve; use smaller plates and bowls where consumers self-serve to encourage appropriate portion size selection).



# THANK YOU TO OUR PARTNERS

## ACADEMIC DEPARTMENTS

Academic Affairs, College of Dental Medicine, CUIMC  
Columbia Health, Campus Services  
Epidemiology, Mailman School of Public Health, CUIMC  
Laurie M. Tisch Center for Food, Education & Policy, Teacher's College  
Nutrition, Health and Behavior Studies, Teacher's College  
Obesity Prevention Initiative, Mailman School of Public Health, CUIMC  
Pediatrics, College of Physicians & Surgeons, CUIMC

## ADMINISTRATIVE DEPARTMENTS

Center for Student Wellness, Facilities Management & Campus Services, CUIMC  
Columbia Dining, Campus Services  
Contract Services, Campus Services  
Energy Management and Sustainability, Facilities Management & Campus Services, CUIMC  
Environmental Stewardship, Campus Services  
Faculty Club, Facilities Management & Campus Services, CUIMC  
Office of Work/Life, Office of the Provost  
Optum, United Healthcare  
University Event Management, Campus Services

## CENTERS AND INSTITUTES

Institute of Human Nutrition, College of Physicians & Surgeons, CUIMC  
Irving Institute for Clinical and Translational Research, College of Physicians & Surgeons, CUIMC  
Medical Weight Control Center, Endocrinology, College of Physicians & Surgeons, CUIMC  
Obesity Research Center, Endocrinology, College of Physicians & Surgeons, CUIMC





## NOTES

- <sup>1</sup> If serving higher calorie beverages, keep to ≤25% of all beverages, including 100% juice or milk.
- <sup>2</sup> 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.)
- <sup>3</sup> 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 website. About the National Organic Program. 2016; <https://www.ams.usda.gov/publications/content/about-national-organic-program>. Accessed June 12, 2018.)
- <sup>4</sup> 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>.

## SUGGESTED CITATION

Wellness, Office of Work/Life. *Healthier Columbia Recommended Food and Beverage Standard*. <https://worklife.columbia.edu/healthier-columbia>. May 1, 2019.

## JOIN THE HEALTHIER COLUMBIA MOVEMENT

Resources are available to support schools and departments in offering better food and beverage choices in various food environments. Visit the Healthier Columbia website for step-by-step guides to implementing the Healthier Columbia Food and Beverage Standard. The Office of Work/Life Wellness Team is also available to offer support as needed. To learn more, visit <https://worklife.columbia.edu/healthier-columbia>.



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