HEALTHIER COLUMBIA RECOMMENDED
FOOD AND BEVERAGE STANDARD

*MEETINGS AND EVENTS
*VENDING MACHINES
*CAFES & CAFETERIAS

Spring 2019
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 ≥75% low calorie (≤25 calories/8 ounces) beverage options.
3. Offer high calorie (≥25 calories/8 ounces) beverage options in ≤16 ounce (preferably ≤12 ounce) containers, if serving high calorie beverages.¹
   *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 (≤230mg sodium/8 ounces), if serving juice.

FRUITS AND VEGETABLES

1. Offer ≥1 fresh or frozen, preferably local² and/or organic³ fruit when serving food.
2. Offer ≥1 fresh or frozen, preferably local² and/or organic³ vegetable that includes dark green, red, and yellow vegetables (served cooked or raw) when serving lunch and dinner.

WHOLE GRAINS

1. Offer ≥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 ≤180mg sodium, ≤10g sugar and ≥3g fiber/serving.

PROTEIN

1. Offer ≥1 plant-based protein such as legumes (e.g., beans and peas) with ≤290mg sodium/serving or nut butters with ≤140mg 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 ≤10%), or ground meat (>90% lean), if serving animal protein.
   *Offer seafood procured from fisheries and aquaculture operations that are responsibly managed, sustainable, and healthy,⁴ as available.
   *Offer meat raised without the use of routine, non-therapeutic antibiotics, as available.
   *Offer canned or frozen seafood or poultry with ≤290mg sodium/serving.
3. Offer only one variety of processed meats, if serving processed meats.
   *Offer luncheon meats, hot dogs, and sausage with ≤480mg sodium/serving and bacon with ≤290mg sodium/serving.
4. Offer low-fat or non-fat yogurt (≤30g sugar/8 ounces), when serving yogurt.
MEETINGS AND EVENTS STANDARDS

PACKAGED SNACKS

1. Offer ≥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):
   * ≤200 calories
   * ≤2g saturated fat
     - Nuts, seeds, nut butters, products containing nuts or nut butter, and cheese are exempt.
   * 0g trans-fat and without "partially hydrogenated oils"
   * ≤200mg sodium
   * ≥3g fiber, as available if product is grain/potato based
   * ≤10g 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 (≤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 ≥50% of all sandwiches, salads and entrees with no more than 800mg sodium.
5. Offer ≥35% of foods and beverages as locally sourced\(^2\), certified organic\(^3\), 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 ≥75% of available beverage slots with unflavored water, seltzer, and other low calorie (≤25 calories/8 ounces) beverage options.
   * Stock water and seltzer at eye level or in the highest selling position.
2. Offer ≤25% of available beverage slots with high calorie (≥25 calories/8 ounces) beverage options in ≤16 ounce (preferably ≤12 ounce) containers, if serving high calorie beverages.
   * 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 (≤230mg sodium/8 ounces), if serving juice.

PACKAGED SNACKS

1. Offer ≥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):
   * ≤200 calories
   * ≤2g saturated fat
   - Nuts, seeds, nut butters, products containing nuts or nut butter, and cheese are exempt
   * 0g trans-fat and without "partially hydrogenated oils"
   * ≤200mg sodium
   * ≥3g fiber, as available if product is grain/potato based
   * ≤10g sugar; products listing a fruit or vegetable as the first ingredient with no added sugars are exempt

PURCHASING

1. Offer ≥10% of foods and beverages as locally sourced\(^2\), certified organic\(^3\), 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 ≥75% low calorie (≤25 calories/8 ounces) beverage options.¹
3. Offer high calorie (≥25 calories/8 ounces) beverages in ≤16 ounce containers, if serving high calorie beverage options.¹
   - 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 (≤230mg sodium/8 ounces), if serving juice.

FRUITS AND VEGETABLES

1. Offer ≥5 fresh or frozen, preferably local² and/or organic³ fruits and/or vegetables, per day, when serving breakfast, lunch, and dinner OR offer ≥3 fresh or frozen, preferably local² and/or organic³ fruits and/or vegetables, per meal, when only serving lunch and dinner.
   - Offer ≥1 fresh or frozen vegetable option that includes dark green, red and yellow vegetables (served cooked or raw), when serving lunch and dinner.
   - Offer ≥1 leafy green salad and at least one vinegar-based salad dressing.

WHOLE GRAINS

1. Offer ≥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 ≤180mg sodium, ≤10g sugar and ≥3g fiber/serving.

PROTEIN

1. Offer ≥1 plant-based protein such as legumes (e.g., beans and peas) with ≤290mg sodium/serving, seeds, or nuts or nut butters with ≤140mg 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 ≤10%) and ground meat (≥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.⁴
   - Offer canned or frozen seafood or poultry with ≤290mg sodium/serving.
3. Offer ≤ 2 varieties of processed meats (e.g., luncheon meats, hot dogs, and sausage with ≤480mg sodium/serving), if serving processed meats.
   - Offer bacon with ≤290mg sodium/serving.
4. Offer low-fat or non-fat yogurt (≤30g sugar/8 ounces or equivalent) when serving yogurt.

¹ Does not include milk available as a condiment for coffee or tea service.
² Local food is food that is grown or produced within 50 miles of the CAFE or CAFETERIA.
³ Organic means food that is produced in a manner consistent with the standards for the production of organic food products as defined by the U.S. Department of Agriculture.
⁴ Responsible, sustainable, healthy means seafood that is caught or farmed from fisheries and aquaculture operations that are responsibly managed, sustainable, and healthy.
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 ≥50% of desserts in ≤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 (≤ 480 mg sodium/ 8 ounces) and ≥50% of all sandwiches, salads and entrees (≤ 800 mg sodium).

5. Offer ≥35% of foods and beverages as locally sourced, certified organic, 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.

1. Offer ≥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):
   * ≤200 calories
   * ≤2g saturated fat
   - Nuts, seeds, nut butters, products containing nuts or nut butter, and cheese are exempt
   * 0g trans-fat and without "partially hydrogenated oils"
   * ≤200mg sodium
   * ≥3g fiber, as available if product is grain/potato based
   * ≤10g sugar; products listing a fruit or vegetable as the first ingredient with no added sugars are exempt

**PURCHASING AND FOOD PREPARATION**

**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 ≤650 calories and ≤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

1 If serving higher calorie beverages, keep to ≤25% of all beverages, including 100% juice or milk.

2 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.)

3 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.)

4 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


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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