

## Healthy Arkansas Restaurant Award Nutrition Guidelines

### *Required*

1. \_\_\_\_\_ At least one manager certified in safe food handling.\*\* (\*i.e. Serv-safe, National Registry of Food Professionals, etc.)
2. \_\_\_\_\_ Establishment must provide nutrition information at the point of purchase on the menu in a size and typeface similar to other information about each item; nutrition information including but not limited to, the total number of calories, grams of saturated fat and milligrams of sodium as usually prepared per portion served.  
Or
3. \_\_\_\_\_ Establishments that use only a menu board must make the information available and visible in writing, and provide the number of calories on the menu board.

Gold Award = 15 points

Do you offer at least one fruit that meets the National Fruits and Veggies-More Matters™ Program Product Promotable Criteria\*?  
If yes, how many choices? (1 point per choice up to 3 points) \_\_\_\_\_

Do you offer at least one vegetable that meets the National Fruits and Veggies-More Matters™ Program Product Promotable Criteria\*?  
If yes, how many choices? (1 point per choice up to 3 points) \_\_\_\_\_

Do you offer at least one low fat or fat free dressing? (1 point) \_\_\_\_\_

Do you offer at least one choice of 100% juice that meets the Fruits and Veggies-More Matters™ Program Product Promotable Criteria\*?  
(1 point) \_\_\_\_\_

Do you offer at least one milk or yogurt choice that is 1% or less fat?  
If yes, do you have one choice ( 1 point) or more than one choice (2 points) \_\_\_\_\_

Do you allow substitutions of fruit or vegetable that meet the Fruits and Veggies-More Matters™ Program Product Promotable Criteria\* with entrees that come with a side item or reduced portion entree?  
If yes, do you have one choice ( 1 point) or more than one choice (2 points) \_\_\_\_\_

Do you offer at least one whole grain option (e.g. whole grain bread, pasta, etc.)?  
(1 point) \_\_\_\_\_

Do you use only trans-fat-free oil in food preparation? (2 points) \_\_\_\_\_

Do you have at least one entrée that meets the FDA guidelines for a health claim of “Healthy” according to the FDA definition?\*\*\*  
If yes, how many choices (1 point per choice up to 4 points) \_\_\_\_\_

### \* Products Promotable and Recipe Criteria

The following nutrition criteria define which fruit and vegetable products and recipes may feature the Fruits & Veggies—More Matters logo on packaging, on marketing materials, with recipes and in any other efforts where specific fruit and vegetable products are promoted. These standards are set by CDC, the leading public health authority for the brand to ensure products and recipes promoting the brand offer an overall healthy nutrient profile. The CDC used The *Dietary Guidelines for Americans* 2005, the Food and Drug Administration's labeling definitions, and U.S. Department of Agriculture's Food Guide serving sizes to create these criteria.

### Criteria

All forms of fruits and vegetables (fresh, frozen, canned, dried, and 100% juice) are included under the Fruits & Veggies—More Matters product and recipe criteria. The brand logo may appear on:

1. All fruits and vegetables with only water added (e.g. all fresh fruits and vegetables or canned fruit with only water added).
2. Processed fruit and vegetables products (frozen, canned, dried, fresh-cut and 100% juice) provided that:
  - a. One portion of product must contain at least one serving of fruit or vegetable. One serving of fruit or vegetable is defined as:
    - One medium piece of fruit** - As in 1 medium orange
    - ½ cup cut-up raw or cooked** (fresh, frozen, or canned) - As in 6 baby carrots, 16 grapes
    - ½ cup cooked dry peas**, beans, lentils, kidney beans
    - 1 cup leafy salad greens**
    - ¼ cup dried fruit** - As in ¼ cup raisins
    - 4 oz/ ½ Cup** 100% fruit or vegetable juice
  - b. Each serving of product must contain limited amounts of added sugars or caloric sweeteners: Added sweeteners ≤ 8 calories per serving (e.g., ≤ ½ tsp. sucrose or equivalent amount of other sweetener). Concentrated fruit juice sweeteners, jams and jellies count as added sugars.
  - c. Each serving of product must contain limited amounts of fat:
    - Total fat ≤ 3g per serving
    - Saturated fat is ≤ 10% of calories
    - Trans fat is ≤ 0.5g per serving
    - The fat found naturally in fruits and vegetable does not contribute to the limits above. Further ¼oz. of nuts is allowed per serving without their fat content contributing to these restrictions. Nuts must be in their natural form without anything added or removed (e.g., no added oils, removed oils, added sodium, or added sugars).
  - d. Each serving of product may contain no more than 480 mg of sodium per serving.
  - e. Each serving of product must offer at least, > 0.014 g/kcal of naturally occurring fiber (28g of fiber /2000 calories).
  - f. All juice products must be 100% juice, low sodium < 70 mg sodium per 4 oz. serving), and contain no added fat or sugar.
  - g. Processed products may not be fortified beyond the FDA standards for food enrichment and fortification (e.g., enriched grain products, vitamins, A & D in milk, and iodine in salt) and may not be enhanced with dietary supplements or be sold as supplements. This excludes vitamins and minerals used as a food preservative (e.g., ascorbic acid and calcium carbonate on sliced fruit).

### Recipe, Meal Product and Main Dish Product Criteria

Recipes are required to follow the Products Promotable standards for meal and main dish products (below). The Fruits & Veggies—More Matters logo may be used when recipes meet the recipe criteria established by

CDC. To insure consistency for the nutrient analysis of recipes, the official software, "Food Processor, SQL Edition," version 9.8.1 or above should be used. CDC will periodically select sample recipes to add to their recipe database which will be shared with all partners. Acceptable recipes can be found on the PBH and CDC web sites beginning in March 2007.

3. Recipes, meal products and main dish products
  - a. Each serving of food must contain at least one serving of fruit or vegetable per 250 calories, when prepared as directed.
  - b. Each serving of food must contain limited amounts of added sugars or caloric sweeteners:
    - Added sugars cannot exceed 15% of total calories
    - Concentrated fruit juice sweeteners, jams and jellies count as added sugars.
  - c. Each serving of food must contain limited amounts of fat:
    - Total fat < 35% of total calories.
    - Saturated fat is < 10% of calories.
    - Trans fat is < 0.5g per serving.
    - The fat found naturally in fruits and vegetable does not contribute to the limits above. Further ¼ oz. of nuts is allowed per serving without their fat content contributing to these restrictions. Nuts must be in their natural form without anything added or removed (e.g., no added oils, removed oils, added sodium, or added sugars).
  - d. Each serving of food must contain ≤ 600 mg of sodium per serving.
  - e. Each serving of food must offer ≥ 0.014g/kcal naturally occurring fiber (28g of fiber/2000 calories).
  - f. Processed products cannot be fortified beyond the FDA standards and their policy for food enrichment and fortification (e.g., enriched grain products, vitamins, A & D in milk, and iodine in salt) and cannot be enhanced with dietary supplements or be sold as supplements. This excludes vitamins and minerals used as a food preservative (e.g., ascorbic acid and calcium carbonate on sliced fruit).

### **Meal products defined:**

A meal product is defined as a food that makes a major contribution to the total diet by:

1. Weighing at least 10 oz. per labeled serving
2. Containing not less than 40 gms for each of at least 3 different foods from 2 or more of the following (5) food groups:
  - a. bread, cereal, rice, and pasta group
  - b. fruit group
  - c. vegetable group
  - d. milk, yogurt, and cheese group
  - e. meat, poultry, fish, dry beans, eggs, and nuts group

These foods shall not be sauces (except for foods in the above five food groups that are in the sauces), gravies, condiments, relishes, pickles, olives, jams, jellies, syrups, breadings or garnishes). The meal product should also be represented as, or is in a form commonly understood to be a breakfast, lunch, dinner, or snack/meal. Such representations may be made either by statements, photographs, or vignettes.

### **Main dish products defined:**

A main dish product is defined as a food that makes a major contribution to a meal by:

1. Weighing at least 6 oz. per labeled serving

Containing not less than 40 gms of foods or food mixtures from two of the five food groups noted above; and is represented as, or is in a form commonly understood to be, a main dish. Such representations may be made either by statements, photographs, or vignettes.

\*\* The FDA's Nutrition Labeling and Education Act (NLEA) states that restaurants that make health claims on their menu must make dietary analysis information available. Claims such as low fat, low cholesterol, low sodium, light, healthy, and heart healthy must comply with the FDA guidelines.

The FDA definition of "healthy" is included below:

- Healthy – a food low in fat and saturated fat, low in sodium and cholesterol, and contains at least 10 percent per serving of the Daily Value of one or more of the following nutrients: vitamin A, vitamin C, calcium, iron, protein, and fiber OR frozen or canned fruits and vegetables that do not contain ingredients that would change the nutrient profile, as well as enriched grain products that conform to the standards of identity.
  - low in fat= Meals and main dishes: 3 g or less per 100 g and not more than 30% of calories from fat
  - low saturated fat= Meals and main dishes: 1 g or less per 100 g and less than 10% of calories from saturated fat
  - low in sodium Meals and main dishes: 140 mg or less per 100g
  - low in cholesterol=Meals and main dishes: 20 mg or less per 100 g

Criteria subject to change based on changes in National Guidelines.