

HEALTHY → PICKS ←

SUMMARY

What is the healthy catering initiative?

The goal of the healthy catering initiative is to ensure that all staff throughout KP have healthy and affordable food options at meetings, events, and celebrations. As a guide, food and beverages purchased with corporate funds should meet KP's Healthy Picks standards, our criteria for excellent nutrition.

Making the healthy choice easier

As part of Kaiser Permanente's vision to be a leader in total health, we aspire to have the healthiest workforce in health care. Ensuring that healthy food options are readily available is an important aspect of creating a workplace culture of health where the healthy choice is the easy choice.

How can I get started?

Getting started is easy! Find the tools and information you need to select healthy menu items when ordering food or planning a celebration on the Healthy Catering page on kp.org/healthyworkforce.

Did you know?

The average restaurant meal has 1,500 calories and 3,500 mg sodium.

Most people need fewer than 2,000 calories and 2,300 mg sodium for the entire day.



Find additional healthy eating resources at kp.org/healthyworkforce.



Healthy Picks at Kaiser Permanente

Kaiser Permanente aspires to improve the health of our members, employees, communities, and the environment by increasing access to delicious and affordable healthy food in and around KP facilities. Healthy Picks criteria have been defined for a healthy eating environment based on evidence-based research and are summarized below.

Summary of Healthy Picks Criteria

Total Calories	<p>A meal should not exceed 700 calories.</p> <p>Entrees should not exceed 525 calories (a protein and a side dish).</p> <p>Snacks should not exceed 200 calories.</p> <p>Desserts should not exceed 175 calories.</p>
Fats	<p>Use healthy fats such as olive oil, canola oil, soybean oil, or other non-hydrogenated fat.</p> <p>Food must have no trans fat and not be deep-fat fried.</p> <p>Salad dressings must be small portions, 1 ounce or less, made with healthy oils listed above.</p> <p>Pre-packaged snacks must contain less than 10 percent calories from saturated fat.</p>
Protein	<p>Proteins must be from a healthy source such as fish, chicken, turkey, tofu, legumes, or beans.</p> <p>Nuts and seeds should be plain or with spices (not candy-coated or yogurt-coated).</p> <p>Acceptable protein sources include beef items that contain no more than 15 percent fat, ground turkey or turkey sausage, or lean cuts of pork.</p>
Carbohydrates: Grains, Starches, Breads and Cereals	<p>Whole grains preferred such as barley, brown rice, buckwheat, bulgur, corn, millet, oatmeal, popcorn, quinoa, rye, sorghum, triticale, or wild rice.</p> <p>Pre-packaged foods and pasta, breads, baked goods, or cereals must contain at least one whole grain in the ingredient list.</p>
Carbohydrates: Fruits and Vegetables	<p>Fruits or vegetables (fresh, frozen, canned, or dried) without added sugar or salt preferred.</p> <p>Canned fruits should be packed in their own juice or water, or may be packed in light syrup.</p> <p>Pre-made salads or pre-cut vegetables should be served with healthy dressings.</p>
Dairy Products	<p>Dairy products such as cheese, milk, and yogurt must be reduced fat.</p>
Sugar	<p>Food items must contain no more than 15 grams of added sugar.</p> <p>Sugar and total calorie requirements do not apply for fresh produce, dried fruits without added sugar, dairy products without added sugar, and canned fruits in their own juices.</p>
Salt/Sodium	<p>Meals may contain no more than 800 mg of sodium.</p> <p>Snacks items may contain no more than 400 mg of sodium.</p>
Beverages	<p>Water or flavored water with no added sweetener or sugar.</p> <p>Unsweetened coffee or tea.</p> <p>Low-fat milk that is not chocolate or flavored milk.</p> <p>Sugar-free sodas (non-caffeinated options are preferred).</p> <p>100 percent fruit or vegetable juices must be less than 150 calories per item and less than 140 mg sodium.</p>