



Nutrition Guidelines

It is well accepted that consumer eating habits are greatly influenced by the types and quantities of foods made available to them. Personal Touch Food Service is committed to supporting the national effort toward improved health and well being of Americans.

In following, Personal Touch Food Service Nutrition Guidelines are based on the *Dietary Guidelines for Americans, 2005*, (Appendix I) which provide recommendations based on the preponderance of scientific evidence for lowering risk of chronic disease and promoting health. The intent of the *Dietary Guidelines* is to summarize and synthesize knowledge regarding individual nutrients and food components into recommendations for a pattern of eating that can be adopted by the public. Taken together, they encourage Americans to make wiser food choices, balance caloric intake with output and be more physically active.

To the extent that Personal Touch Food Service has limited direct influence on physical activity of clients served, the Nutrition and Wellness Policy emphasizes nutrition guidelines and standards as its primary focus. Acknowledging the importance of physical activity as part of a healthy lifestyle, exercise and physical activity will be emphasized in the educational component of the policy.

The Personal Touch Food Service Nutrition Guidelines are left flexible to accommodate the wide range of food preferences, cuisines and communities Personal Touch Food Service serves. The overall goal is to encourage healthy lifelong eating habits by offering foods that are high in nutrients and low in fat and added sugars.

- ▶ Personal Touch Food Service will ensure all consumers have access to varied and nutritious foods consistent with promoting health and wellness.
- ▶ Personal Touch Food Service will offer nutrient dense, low fat and low sugar a la carte and menu items at each facility.
- ▶ Personal Touch Food Service will encourage preparation techniques that support adherence to *Dietary Guidelines*, and improved health and wellness, emphasizing:
 - Limited use of salt and sodium-based seasonings.
 - Minimal use of added fats.
 - Minimal use of solid fats and trans fats.
 - Baking, broiling, braising, and steaming techniques over deep frying.
 - Use of heart-healthy monounsaturated fats, including oils such as olive, canola and peanut.
- ▶ Personal Touch Food Service will encourage use of lean meat, chicken, fish, beans and peas, and soy analogs for healthful protein options and menu planning.
- ▶ Personal Touch Food Service will provide appropriate portion sizes for foods and beverages offered in accordance with *Dietary Guidelines for Americans* and USDA Standards, whenever possible.
- ▶ To the maximum extent practicable, foods and beverages made available by Personal Touch Food Service will comply with current *Dietary Guidelines for Americans*.

THE KEY TO LIFE IS BALANCE





In accordance, Personal Touch Food Service supports high nutrition standards in all facilities it serves.

- ▶ To the extent possible, Personal Touch Food Service will enforce specific standards for beverages to include:
 - Fruit-based drinks containing a minimum of 50% fruit juice and without added sweeteners.
 - Water and seltzers.
 - 1% and fat-free milk; including but not limited to, chocolate milk, soy milk, rice milk, and other similar dairy or non-dairy calcium-fortified drinks.
 - Electrolyte replacement beverages and vitamin waters that contain a maximum of 42 grams of added sweeteners per 20 ounce serving.

- ▶ In an effort to support offering appropriate portion sizes of snacks and sweets, Personal Touch Food Service will emphasize maximum portion size limits to include:
 - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, and dried fruit.
 - Two ounces for cookies or cereal bars.
 - Three ounces for bakery items, such as pastries and muffins.
 - Three fluid ounces for frozen desserts, such as ice cream and frozen yogurt.
 - Eight ounces for non-frozen yogurt.
 - Twelve ounces for beverages, excluding water.

- ▶ To the extent possible, Personal Touch Food Service will emphasize inclusion of snacks, sweets, and side orders which meet the following standards:
 - 30 % or less of total calories from fat*
 - 10 % or less of total calories from saturated fat plus trans fat
 - 35 % or less of a food's weight from sugars**
 - * Excluding nuts and nut butters.
 - ** Excluding fruits and naturally occurring sugars.

- ▶ Whenever possible, Personal Touch Food Service will provide snack options meeting the above content standards for fat, sugar and portion sizes, such as:
 - Low-fat chips
 - Pretzels
 - Crackers
 - Trail mix
 - Cookies
 - Energy bars
 - Granola bars
 - Cereal bars
 - Low-fat and fat-free yogurt
 - Low-fat and fat-free frozen desserts
 - Popcorn
 - Nuts and seeds
 - Fresh and canned fruits
 - Fresh vegetables
 - Fat-free and low-fat dips and dressings

THE KEY TO LIFE IS BALANCE





- ▶ Personal Touch Food Service will focus on offering a variety of high quality food choices which are high in micronutrients and fiber content and low in sodium, added sugars, saturated and trans fats. Emphasis will be placed on increasing availability of fruits, vegetables and whole grain products as entrees, a la carte and snack items, to meet *Dietary Guidelines* recommendations for increased variety and increased consumption of fruits and vegetables.
- ▶ To the extent possible, Personal Touch Food Service will recommend offering a minimum of 2 non-fried vegetables and 2 fruit options at each mealtime.
- ▶ Whenever possible, Personal Touch Food Service will make available to clients 5 different fruit and 5 different vegetable offerings over the course of each week.
- ▶ Personal Touch Food Service is committed to developing recipes and offering new and varied menu items consistent with the nutrition policy and guidelines.
- ▶ Personal Touch Food Service will pursue nutrient analysis of foods offered and recipes used to create menus that are in accordance with *Dietary Guidelines for Americans* and/or current research supporting improved health and wellness.

Nutrition and Lifestyle Education

Underscoring the commitment of Personal Touch Food Service to clients, consumers and staff, Personal Touch Food Service incorporates nutrition and lifestyle education as an essential component of their policy toward promotion of improved health and wellness. The primary goal of nutrition and lifestyle education is to positively influence eating and exercise behaviors of Personal Touch Food Service consumers and staff. Personal Touch Food Service will provide an integrated, behavior-based comprehensive plan for promoting optimal choices toward improved health and well being.

Personal Touch Food Service will use the principles of the *Dietary Guidelines* and the *USDA Food Guidance System* (Appendix II) and current evidence-based research as the scientific underpinnings for designing nutrition and lifestyle education programs and materials for clients and staff.

- ▶ Nutrition and lifestyle education will be kept current in accordance with the latest scientific research and recommendations and as data becomes available.
- ▶ Nutrition and lifestyle education materials and programs will be prepared and provided and/or reviewed by a qualified and credentialed nutrition professional, with appropriate training in nutrition, lifestyle, health and wellness.
- ▶ All Personal Touch Food Service personnel will have access to inservice nutrition and lifestyle education to support improved health among staff as well as clients, consistent with policy goals.
- ▶ Personal Touch Food Service promotional activities will emphasize healthy options, consistent with policy goals.

THE KEY TO LIFE IS BALANCE





- ▶ Personal Touch Food Service will provide nutrition and wellness educational materials to be posted in designated dining areas, as coordinated with Personal Touch Food Service clients.
- ▶ Personal Touch Food Service will develop educational tools to aid consumers in making the healthiest selections among the dining options available at each facility.
- ▶ Personal Touch Food Service will pursue detailed nutrient analysis of specific products and menu items offered at each facility with the information made accessible to clients.
- ▶ Personal Touch Food Service will offer nutrition information at point of purchase to aid consumers in making healthful choices.
- ▶ Personal Touch Food Service education initiatives will stress energy balance, caloric intake and expenditure, portion control, and effective physical activity strategies to support the philosophy of variety and moderation in all aspects of life.

Implementation and Evaluation

Personal Touch Food Service recognizes the importance of assuring the policy is implemented effectively and serves the purposes of its mission to support the health and well being of clients and staff. Toward that end, Personal Touch Food Service is committed to assessment and review of the policy content and application of objectives and will actively seek feedback from clients and staff to assure stated goals are met.

- ▶ Personal Touch Food Service will ensure clients, consumers and the community are aware of this policy, it's goals and implications, toward the pursuit of improved health and wellness.
- ▶ Personal Touch Food Service will designate on-site personnel to ensure policy goals remain consistent with clients' needs.
- ▶ Personal Touch Food Service will encourage participation of clients, along with staff, to ensure continued success in pursuing the nutrition and wellness goals.
- ▶ Personal Touch Food Service will evaluate foods offered and preparation practices used on a regular and ongoing basis to ensure implementation of policy goals.
- ▶ Assessments and revisions will be made, as necessary, to keep pace with changing needs of clients and staff, and to keep the policy current.
- ▶ Evaluation of the Personal Touch Food Service Nutrition and Wellness Policy and implementation efforts will be conducted, minimally, on an annual basis to review policy compliance, assess progress, and determine areas in need of improvement and/or updating.

THE KEY TO LIFE IS BALANCE





APPENDIX I

Dietary Guidelines for Americans 2005

**Key Recommendations addressed in:
PERSONAL TOUCH FOOD SERVICE *NUTRITION AND WELLNESS POLICY***

ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

Key Recommendations

Consume a variety of nutrient-dense foods and beverages within the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the USDA Food Guide or the DASH Eating Plan.

WEIGHT MANAGEMENT

Key Recommendations

To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.

To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

PHYSICAL ACTIVITY

Key Recommendations

Engage in regular physical activity and reduce sedentary activities to promote health and psychological well-being, and a healthy body weight.

- ▶ To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
- ▶ For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- ▶ To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.

THE KEY TO LIFE IS BALANCE





- ▶ To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

FOOD GROUPS TO ENCOURAGE

Key Recommendations

- ▶ Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 ½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- ▶ Choose a variety of fruits and vegetables each day. In particular, select all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- ▶ Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- ▶ Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

FATS

Key Recommendations

- ▶ Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.
- ▶ Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- ▶ When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- ▶ Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.

THE KEY TO LIFE IS BALANCE





CARBOHYDRATES

Key Recommendations

- ▶ Choose fiber-rich fruits, vegetables, and whole grains often.
- ▶ Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the *USDA FOOD GUIDE* and the *DASH Eating Plan*.
- ▶ Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

SODIUM AND POTASSIUM

Key Recommendations

- ▶ Consume less than 2,300 mg. (approximately 1 tsp. of salt) of sodium per day.
- ▶ Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

Dietary Guidelines for Americans 2005
U.S. Department of Health and Human Services
U.S. Department of Agriculture
(<http://www.healthierus.gov/dietaryguidelines>)

THE KEY TO LIFE IS BALANCE





APPENDIX II

USDA Food Guidance System

USDA FOOD GUIDE: (<http://www.MyPyramid.gov>)

DASH Eating Plan: (<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>)

USDA Food and Nutrition Service: (<http://www.TEAMNUTRITION.USDA.GOV>)

THE KEY TO LIFE IS BALANCE

