

HEALTHY HOSPITAL FOOD

Hospitals can promote health and wellness by establishing food standards.

Hospitals can adopt Food Standards, evidence-based nutrition criteria that ensure that employees, visitors, and patients have better access to healthy food. By implementing all four of the Food Standards, hospitals can comprehensively improve the nutritional content of food and beverages offered in their cafeterias, vending machines and patient meals.

Food Standards

Cafeterias

These standards use a variety of techniques to make the healthy choice the easy choice. Includes standards that increase the availability of fresh fruits and vegetables and whole-grains; promote healthy value meals; decrease the availability of high-calorie beverages; and eliminate fried foods.

Beverage Vending Machines

These standards decrease the availability and portion size of high-calorie beverages. Includes standards that address the placement of high-calorie beverages and ensure that marketing images on machines are conveying healthy messages.

Food Vending Machines

These standards include nutrition requirements for calories, saturated fat, sodium, sugar, fiber, and other nutrients in stocked products. Standards also address portion size by making requirements per package, rather than per serving.

Patient Meals

These standards, which apply to regular diet patient meals, provide nutrition requirements for individual foods purchased, such as sodium limits for bread and cereal, and for meals served, such as two fruit or vegetable servings at lunch and dinner.

**Be a model
of health and
wellness.**

As centers of healing,
hospitals can model healthy
eating to support the health
of their employees and the
communities they serve.