Wellness Works
@Alameda County

Nutrition & Physical Activity Policy Implementation Resource
Healthy Food and Beverage Criteria

All food and beverages purchased with County funds for meetings and events will provide variety, nutritional benefit, and choice.

At least 50% of foods served, shall contain:

- No more than 35% of calories from fat (with no more than 10% of calories from saturated fat)
- No more than 35% of sugar by weight
- 0% trans fat
- Higher levels of dietary fiber

Beverages served should include:

- Beverages that are non-carbonated (at least 40% of the total beverages served)
- Beverages that do not contain high fructose corn syrup
- Beverages that are 12 ounces or less or not more than 200 calories/container
- Water and other non-caloric beverages that do not contain sugars or artificial sweeteners
- Carbonated or non-carbonated fruit juice beverages containing at least 50% fruit juice which is not sweetened with sugar or artificial sweeteners
- Beverages with added sugars containing no more than 50 calories per 8 ounces, 75 calories per 12 ounces, or 100 total calories per container

Vending Machine Criteria:

In addition to the above criteria…

- At least one item offered in the vending machine needs to be low in sodium
- Nuts without added fats or sugars are allowed
- Foods containing 100% fruit and/or vegetables are allowed

Does Your Food Choice Meet the Healthy Food Criteria?

One key to choosing healthful foods is to understand how to use the Nutrition Facts on the Food Label of a product. Remember to look for items lower in fat and sugar. Below are some examples of how to calculate the percent of calories from fat; percent of calories from saturated fat; and the percent of sugar by weight in a food item. It also provides a guideline for fiber.

Nutrition Facts
Serving Size 2 cookies (20g)

Amount Per Serving

Calories 100   Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Sodium 65mg	**3%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 10g	
Protein 1g	

| Vitamin A 0% | •V | itamin C 0% |
| Calcium 2% | •I | ron 2% |

* Percent Daily Values are based on a 2,000 diet.

This Item Does Not Meet the Critieria
It's high in total fat, saturated fat, and sugar!

Serving Size: 1 serving (20g); Calories: 100

Percent of calories from fat (goal ≤ 35%)
(45 calories from fat/100 total calories) × 100 = **45%**

Percent of calories from saturated fat (goal ≤ 10%)
(3 grams of sat. fat × 9 calories/g)/100 total calories × 100 = **27%**

Number of grams of fiber: 0g
(Look for grain products that have 3 grams or more)

Percent of sugar by weight (goal ≤ 35%)
(10 grams sugar/20 total grams per serving size) × 100 = **50%**

Nutrition Facts
Serving Size 1 bar (35g)

Amount Per Serving

Calories 140   Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat .5g	**3%**
Trans Fat 0g	
Sodium 105mg	**4%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 4g	**16%**
Sugars 5g	
Protein 6g	

| Vitamin A 0% | •V | itamin C 0% |
| Calcium 0% | •I | ron 6% |

* Percent Daily Values are based on a 2,000 diet.

This Item Meets the Critieria
It's low in saturated fat, low in sugar, and high in fiber

Serving Size: 1 bar (35g); Calories: 140

Percent of calories from fat (goal ≤ 35%)
(45 calories from fat/140 total calories) × 100 = **32%**

Percent of calories from saturated fat (goal ≤ 10%)
(.5 grams of sat. fat × 9 calories/g)/140 total calories × 100 = **3.2%**

Number of grams of fiber: 4g
(Look for grain products that have 3 grams or more)

Percent of sugar by weight (goal ≤ 35%)
(5 grams sugar/35 total grams per serving size) × 100 = **14%**

If you want to analyze your own recipe, try using the recipe analysis tool at:
http://nutritiondata.self.com

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