New York City Food and Beverage Guidelines

Meetings and Events
Training Objectives

• Understand the Guidelines
• Feel excited about implementing the Guidelines
• Feel confident in applying the Guidelines
• Have fun!
Today’s Agenda

• Welcome
• Background
• Guidelines Overview
• Guidelines Activity
Welcome!

1. What are some healthy foods and beverages your organization currently serves at meetings and events?

2. How do healthy foods at meetings and events benefit you, your organization and your community?
The Health of New Yorkers

• Many New Yorkers struggle with unhealthy habits
  – Almost one in four adults has one or more sugary drinks per day
  – Over one in four have not exercised in the past month

• One in nine have diabetes

• Twenty-eight percent have high blood pressure

Source: Community Health Survey, 2016
Environmental Factors

Bigger portion sizes

Eating food away from home

Sedentary lifestyle
The NYC Food and Beverage Guidelines

Benefits of the Guidelines include:

• Healthier foods as default options
• Reliability and consistency
• Prevention and control of diet-related diseases
• The opportunity to lead by example
• The opportunity to influence NYC’s food landscape
Offer Healthier Beverages

1. Serve water every time you serve food and/or beverages.
2. If serving milk, serve 1% or nonfat (skim) and plain (unsweetened) milk, unless serving milk as a condiment (e.g., milk for coffee or tea).
3. If providing juice, serve 100% fruit juice (with no added sugar or sweeteners) in 6-ounce portions or less.
4. If serving other beverage options, choose low-calorie beverages that contain 25 calories or less per 8 ounces.
Soda

- 4 grams of sugar equals 1 teaspoon
- This soda has ______ teaspoons of sugar

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size Soda 20 ounces (615 g)</th>
<th>Servings per container 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>246</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>1</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>55mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>62g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
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<tr>
<td>Sugars</td>
<td>55g</td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>1%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Soda

- 4 grams of sugar equals 1 teaspoon
- This soda has 13 ¾ teaspoons of sugar
Lemon Iced Tea

- 4 grams of sugar equals 1 teaspoon
- This tea has _______ teaspoons of sugar

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size Lemon Iced Tea 20 fl oz</th>
<th>Servings per container 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>239</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<td>Total Carbohydrate</td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Protein</td>
<td>0g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Lemon Iced Tea

• 4 grams of sugar equals 1 teaspoon

• This tea has 14 ¾ teaspoons of sugar
5. Serve fruits or vegetables whenever meals or snacks are served.
Meet MyPlate

ChooseMyPlate.gov
My Plate Planner
A Healthy Meal Tastes Great

The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.

1/4 protein, 1/4 starch, 1/2 vegetable.

9-inch plate
6. When grains are served, provide a whole-grain option (e.g., brown rice; whole-wheat bread, wraps or bagels; or whole-wheat pasta).
   - Cut breakfast breads and sandwiches in half or quarter portions.

7. If serving yogurt, serve low-fat or nonfat, plain (unflavored) yogurt.

8. Do not serve fried foods (e.g., chips, doughnuts and french fries), pastries or sweet buns.
Whole vs. Refined Grains

Grain anatomy

- Aleurone Layer
- Endosperm
- Germ
- Bran Layer

Wheat

© General Mills
Whole vs. Refined Grains

Whole grain is milled

Whole-wheat flour
Whole vs. Refined Grains

Whole grain is milled

Whole-wheat flour

Refined grain is milled

Enriched with added vitamins and minerals

White flour
How to Identify Whole Grains:

To identify a whole grain, look at the ingredients list under the Nutrition Facts label. Check if “whole grain” is the first ingredient. Look for the word “whole” for whole grains.

Examples of Whole Grains

- 100% whole-wheat flour
- Oats
- Brown rice
- Bulgur (cracked wheat)
- Barley
- Whole cornmeal
- Popcorn
- Quinoa
- Buckwheat

INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, BARLEY MALT, CANOLA OIL, VITAL WHEAT GLUTEN, YEAST, VINEGAR, SOY FLOUR.
9. If providing sweets, other than fruit, provide one small portion per person.
Why is it important to think about portion sizes?

- People tend to eat more calories if they are served a larger portion, even if they are not hungry.
- Portion sizes have increased in restaurants, grocery stores, bakeries and fast food establishments.
Don’t be fooled by portion sizes!

Twenty-five years ago

1 ½ ounces
210 calories

Today

_____ ounces
_____ calories

How many ounces and calories in a muffin today?
Don’t be fooled by portion sizes!

Twenty-five years ago

1 ½ ounces
210 calories

Today

5 ounces
500 calories
Don’t be fooled by portion sizes!

Twenty-five years ago

6 ½ ounces
85 calories

Today

____ ounces
____ calories

How many ounces and calories in a soda today?
Don’t be fooled by portion sizes!

Twenty-five years ago

6 ½ ounces
85 calories

Today

20 ounces
250 calories
Thinking of foods and beverages as the colors of a traffic light can help guide your choices.

**Green Light** foods and beverages can be eaten every day.

**Yellow Light** foods and beverages should be eaten less often or in smaller portions.

**Red Light** foods and beverages should be avoided.
Green Light

Examples of “Green Light” foods and beverages:

- Vegetables and fruits
- Lean proteins such as beans, fish, chicken
- Water
- Whole grains
- Plain low-fat or nonfat yogurt
## NYC Food and Beverage Guidelines:

<table>
<thead>
<tr>
<th>#1</th>
<th>Serve water every time you serve food or beverages or both.</th>
</tr>
</thead>
<tbody>
<tr>
<td>#2</td>
<td>If serving milk, serve 1% or nonfat (skim) and plain (unsweetened) milk, unless serving milk as a condiment (e.g., milk for coffee or tea).</td>
</tr>
<tr>
<td>#5</td>
<td>Serve fruits or vegetables whenever meals or snacks are served.</td>
</tr>
<tr>
<td>#6</td>
<td>When grains are served, provide a whole-grain option (e.g., brown rice; whole-wheat bread, wraps or bagels; or whole-wheat pasta).</td>
</tr>
<tr>
<td>#7</td>
<td>If serving yogurt, serve plain low-fat or nonfat (unflavored) yogurt.</td>
</tr>
</tbody>
</table>
Examples of “Yellow Light” foods and beverages:

- Whole milk
- Regular, high-sugar yogurt
- 100% fruit juice
- High-sugar foods such as cookies and cakes
### NYC Food and Beverage Guidelines:

<table>
<thead>
<tr>
<th>#3</th>
<th>If providing juice, serve 100% fruit juice (with no added sugars or sweeteners) in 6-ounce portions or less.</th>
</tr>
</thead>
<tbody>
<tr>
<td>#9</td>
<td>If providing sweets, other than fruit, provide one small portion per person.</td>
</tr>
</tbody>
</table>
Examples of "Red Light" foods and beverages:

• Sugary drinks
  ▪ Juice drinks and fruit punches
  ▪ Sweetened tea
  ▪ Soda

• Fried foods
  ▪ French fries
  ▪ Doughnuts
NYC Food and Beverage Guidelines:

#4 If serving other beverage options, choose low-calorie beverages that contain 25 calories or less per 8 ounces.

#8 Do not serve fried foods (e.g., chips, doughnuts and french fries), pastries or sweet buns.
Guidelines Activity

Use the Sample Menu and Answer Key and the Checklist for Menus at Meetings and Events to create a menu that meets the Guidelines.
Wrap-Up

• What is something new you learned?

• What is one action you are going to take?

Thank you!