Beverages

1. Water must be available when food and/or beverages are served. New York City tap water is free, delicious and world-renowned for its quality.

2. All beverages must contain 25 calories or less per 8 ounces, except 100% juice or milk.

3. Milk must be 1% or non-fat, and unsweetened. Does not include milk available as a condiment for coffee or tea service.

4. Juice must be 100% (with no added caloric sweeteners) served in 6 ounce portions or less.

Fruits and Vegetables

5. Fruits or vegetables must be provided when food is served.

Sandwiches, Entrees and Sides

6. No doughnuts, pastries or sweet buns may be served. If providing breakfast breads, recommend mini muffins or mini bagels.

7. Whole grain options must be available when grains are served (e.g., whole-wheat bread and bagels). Recommend sandwiches be cut in half, or served on small rolls.

8. Yogurt must be plain (unflavored) and low-fat or non-fat. Sliced fruit served with yogurt is a refreshing and nutrient-packed alternative to baked goods at breakfast meetings.

9. No fried foods may be served (e.g., chips, French fries). Recommend serving condiments and dressings on the side.

Dessert

10. No more than one portion of dessert per person. Recommend serving desserts in small portions (e.g., mini cookies).

These Standards do not apply to food and beverages provided in emergency response situations, including disaster response.

For more information, please contact: nycfoodstandards@health.nyc.gov
## Standards at a Glance, by Occasion

### Breakfast
- Fruits or vegetables must be provided when food is served.
- Whole grain options must be available when grains are served (e.g., whole-wheat bread, bagels).
- No doughnuts, pastries or sweet buns may be served.
- Yogurt must be plain (unflavored) and low-fat or non-fat.
- Water must be available when food and/or beverages are served.
- All beverages must contain 25 calories or less per 8 ounces, except 100% juice or milk.
- Milk must be 1% or non-fat, and unsweetened.
- If providing juice, it must be 100% juice (with no added caloric sweeteners) served in 6 ounce portions or less.

### Lunch
- Fruits or vegetables must be provided when food is served.
- Whole grain options must be available when grains are served (e.g., whole-wheat bread, rolls, wraps, brown rice).
- No fried foods served (e.g., chips, French fries).
- No more than one portion of dessert per person.
- Water must be available when food and/or beverages are served.
- All beverages must contain 25 calories or less per 8 ounces, except 100% juice or milk.

### Snacks and Special Events
- Fruits or vegetables must be provided when food is served.
- No fried foods may be served (e.g., chips, French fries).
- No more than one portion of dessert per person.
- Water must be available when food and/or beverages are served.
- All beverages must contain 25 calories or less per 8 ounces, except 100% juice or milk.

## Sample Menus

### Breakfast
- Mini whole-wheat bagels
- Fruit spread, peanut butter and low-fat cream cheese on the side
- Low-fat plain yogurt with granola
- Assortment of fresh fruit, such as bananas and tangerines
- Coffee, tea, low-fat milk, water

### Lunch
- Turkey, avocado, lettuce and tomato sandwiches on whole-wheat bread
- Grilled vegetables on whole-wheat wraps
- Chopped salad with mixed greens and vinaigrette dressing on the side
- Fresh fruit salad
- Bite-size chocolate chip cookies
- Coffee, tea, water, seltzer

### Snack
- Assortment of fresh fruit, such as apples and pears
- Whole-grain crackers and cheese
- Mixed nuts
- Water, seltzer

### Special Event
- Mixed vegetable platter with hummus
- Fresh fruit skewers or fresh fruit salad
- Special treat, such as celebration cake, cut into small portions
- Coffee, tea, water, seltzer, 100% fruit juice/seltzer “punch”

## Tips for Implementing the Standards
- Give a copy of the Standards to your vendor/caterer and attach to all catering requests.
- Work with your vendor/caterer to identify healthy options from their menu.
- If purchasing food from a local store or restaurant, use the Standards to create your shopping list.
- Purchase pitchers to provide water at all meetings and events where beverages are served.
- Serve whole fruit rather than a fruit platter or fruit salad for a less expensive healthy option.