

VHA HEALTHY DIET FOOD MODEL

Regular or House Diet	Regular or House Diet	Implementation Strategies				
Weekly Average Nutrient Goals	Weekly Average Menu Meal Guidelines*	Hospital Tray line		Patient Cafeteria	Veterans Canteen Service Cafeteria	Veterans Canteen Vending Machine
		Convenience	Cook Serve or Cook Chill			
I	II	III	IV	V	VI	VII
<b>Calories:</b> 2000-2400 per day or 600-700 per meal Adjusted appropriately based on average age and sex of population served.	Adopt appropriate standardized portion sizes to meet calorie goals.	Adopt appropriate standardized portion sizes.	Adopt appropriate standardized portion sizes.	Adopt appropriate standardized portion sizes. Post calorie and nutrient content of items.	Provide nutritional analysis of menu items on the VCS Intranet and Internet websites. Post calorie information of all foods on menu boards and on daily printed menus. <u>Wise Up Meal</u> : includes entrée, two sides, roll; has less than 600 calories (greater than 65 percent of menus are less than 500 calories).	Implement “Fit Pick” program that identifies items that contain: <ul style="list-style-type: none"><li>• 35 percent total calories from fat;</li><li>• 10 percent total calories from saturated fat; and</li><li>• 35 percent total product weight from sugar.</li></ul>

\*Menu recommendations adapted from Dietary Guidelines for Americans, 2005 for males 51plus years old, Dietary Approaches to Stop Hypertension (DASH) Eating Plan. VHA Managing Overweight and Obesity For Veterans Everywhere (MOVE!) Program materials. For cafeteria operations, choices offered at each meal will include choices described in column II.

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<b><u>Fat:</u></b> 25-35 percent of calories 55-95 grams per day or 20-32 grams per meal 10-15 percent mono-unsaturated fats.	No or minimal trans fats and hydrogenated fats. No margarines with hydrogenated fats. 6 teaspoons mono-unsaturated fats per day. Serve nonfat or low fat (1 or 2 percent) milk. No or minimal deep fat fried foods. Select and serve lower fat cuts of meat, fish and poultry at all meals.	Avoid packaged products containing trans fat and hydrogenated fats. Limit pre-fried items and switch to oven baked. Substitute lower fat meats and casserole entrees. Use mono and polyunsaturated fat margarines. Use olive oil or vinegar based salad dressings and reduced fat salad dressings. Avoid artificial creamers. Switch to lower fat turkey sausage or bacon.	Avoid packaged products containing trans fat and hydrogenated fats. Switch to lower fat cuts of meat. Limit fried items and switch to oven baked. Substitute lower fat meats and cheese in casserole recipes. Use mono and polyunsaturated fat margarines. Switch butter and margarine in recipes to mono or poly unsaturated oil as able. Use olive oil or vinegar based salad dressings and reduced fat salad dressings. Avoid artificial creamers. Switch to lower fat turkey sausage or bacon.	Avoid packaged products containing trans fat and hydrogenated fats. Switch to lower fat cuts of meat. Limit fried items and switch to oven baked. Substitute lower fat meats and cheese in casserole dishes. Use mono and polyunsaturated fat margarines. Switch butter and margarine in recipes to mono and poly unsaturated oil as able. Use olive oil or vinegar based salad dressings and reduced fat salad dressings. Avoid artificial creamers. Switch to lower fat turkey sausage or bacon. Offer low fat frozen yogurt.	Offer baked or grilled items as alternatives to fried items. Offer low fat alternatives such as low fat meats and cheeses in casserole dishes. Use mono and polyunsaturated fat margarines. Switch butter and margarine in recipes to oil or trans fat free spread as able. Offer reduced fat and fat free salad dressings. Offer turkey sausage or bacon. Offer low fat desserts.  <u>Wise Up Meal:</u> less than 30 percent calories from fat; all meals have less than 20 grams fat.	Offer low fat product alternatives to high fat, high cholesterol, sugar foods such as fresh fruit, low fat yogurt and pudding, and high fiber snack bars. Offer light ice cream, no sugar added ice cream and frozen yogurt.
<b><u>Cholesterol:</u></b> 200-400 milligrams per day	Limit egg yolks to 3 to 4 times per week. Limit organ meats	Offer egg substitutes and limit organ meats.	Offer egg substitutes and limit organ meats.	Offer egg substitutes and limit organ meats.	Offer egg substitutes and limit organ meats <u>Wise Up Meal:</u> less than 100 milligram cholesterol	Offer high fiber dry cereals and other whole grain options.

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<b>Sodium:</b> 2000-3000 per day or 600-1000 per meal	Limit pre-packaged high sodium foods. Reduce salt in recipes, substitute herbs and spices. Incorporate Dietary Approaches to Stop Hypertension (DASH) Diet principles.	Limit cured meats and sausages. Use reduced sodium convenience soups, sauces, gravies, entrée choices and lunch meats.	Limit use of cured meats and sausages. Use reduced sodium convenience soups, sauces, gravies, entrée choices and lunch meats. Reduce salt and increase use of fresh herbs and spices in preparation of entrée, vegetables, soups and starches.	Limit cured meats and sausages. Use reduced sodium convenience soups, sauces, gravies, entrée choices and lunch meats. Reduce salt and increase use of fresh herbs and spices in preparation of entrée, vegetable, soups and starches.	Offer alternatives to cured meats and sausages. Explore options for reduced sodium lunch meat, soups, and entrée choices. Reduce salt and increase use of fresh herbs and spices in preparation of selected entrées, vegetables and starches. <u>Wise Up Meal:</u> less than 800 milligram sodium.	Explore options for reduced sodium choices.
<b>Carbohydrate and Fiber:</b> 25-30 grams fiber per day 5-10 grams fiber per meal	Incorporate whole grains, vegetables and fruits daily to meet the fiber goals. Include fresh seasonal fruit and vegetables daily. Include beans, lentils and nuts in recipes. Offer nuts for snacks.	Switch to whole grain bread, rolls and sandwich buns. Substitute fruit for juice at breakfast and fresh fruits for desserts at lunch and dinner. Use vegetable based salads at lunch and dinner. Increase serving size of vegetables offered. Offer high fiber bars and nuts for snack options. Include entrée and salad options which include beans, lentils and nuts. Use whole grain breakfast options (i.e.,: pancake, waffle, bagels).	Switch to whole grain bread, rolls and sandwich buns. Substitute fruit for juice at breakfast and fresh fruits for desserts at lunch and dinner. Use vegetable based salads at lunch and dinner. Offer high fiber bars and nuts for snack options. Include entrée and salad options which include beans, lentils and nuts. Use whole grain breakfast options (i.e.,: pancake, waffle, bagels).	Offer whole grain bread, rolls and sandwich buns. Substitute fruit for juice at breakfast and fresh fruits for desserts at lunch and dinner. Use vegetable based salads at lunch and dinner. Offer high fiber bars and nuts for snack options. Offer entrée and salad options which include beans, lentils and nuts. Use whole grain breakfast options (i.e.,: pancake, waffle, bagels).	Offer fresh fruits, whole grain bread, rolls and sandwich buns. Offer variety of vegetable based salads. Offer high fiber bars and nuts for snack options (retail). Offer entrée and salad options which include beans, lentils and nuts. Offer whole grain breakfast options (i.e.,: cereals, bagels).	Where applicable, offer sandwiches made with whole grain breads or rolls. Offer fresh fruit. Offer high fiber bars and nuts. Offer diet drinks or water. Offer whole grain, high fiber breakfast options (i.e.,: cereal, bagels).

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<b><u>Protein:</u></b> 60-120 grams per day 20-40 grams per meal	5 to 6 ounces meat, fish, poultry per day plus. Two 8 ounce servings of nonfat or low fat milk per day. Limit red meats (beef and pork) to 4 to 6 meals per week. Include fish 2 times per week. Include plant based vegetarian entrees.	Purchase entrée options with leaner cuts of beef and pork. Increase baked fish and poultry options on menu. Include vegetarian entrée options.	Prepare entrée options with leaner cuts of beef and pork. Increase baked fish and poultry options on menu. Include vegetarian entrée options.	Prepare entrée options with leaner cuts of beef and pork. Increase baked fish and poultry options on menu and include vegetarian entrée options. Offer lean sandwich and entrée salad options.	Prepare entrée options with leaner cuts of beef and pork. Increase fish and poultry options on menu. Include vegetarian entrées options. Offer lean sandwich and entrée salad options.	Offer lean sandwich meat and convenience entrée options. Offer low fat milk options.
<b><u>Discretionary Calories:</u></b> 265-300 calories per day	Limit sweetened desserts to once a day.	Use fresh and frozen fruits for dessert or as main ingredient in a dessert as in a crisp. Serve whole grain low fat desserts (i.e., oatmeal raisin cookies, low fat pudding etc.)	Use fresh and frozen fruits for dessert or as main ingredient in a dessert as in a crisp. Serve whole grain low fat desserts (i.e., oatmeal raisin cookies, low fat pudding etc.)	Offer fresh and frozen fruits for dessert at every meal. Offer alternative dessert options with fruit as a main ingredient (i.e., crisp) or other whole grain and low fat choices.	Offer fresh fruits for dessert.  Offer alternative dessert options with fruit as a main ingredient (i.e., crisp) or other whole grain and low fat choices.	Offer a variety of low fat or sugar items.

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<b><u>Green Environmental Management Strategies (GEMS)</u></b>	<p>Include fresh seasonal fruit and produce in menu cycle. Source local produce and bread vendors**</p> <p>Use re-useable or recyclable service ware as much as possible.</p> <p>Use disposable products containing recycled content.</p> <p>Use minimal Styrofoam.</p> <p>Reduce waste, consider composting program if feasible.</p> <p>As able, source products that reduce exposure to chemicals, hormones and nontherapeutic antibiotics.</p>	<p>Purchase seasonal produce from local farmers.</p> <p>Minimize and monitor leftovers.</p> <p>Switch to re-usable or recyclable food service ware when possible.</p> <p>Recycle cardboard, plastic, metal, and cooking oils.</p> <p>Source disposable products containing recycled content.</p> <p>Compost waste.</p> <p>Source green chemicals.</p> <p>Source hormone free milk, meats and poultry raised without nontherapeutic antibiotics.</p> <p>Source fish from sustainable fisheries.</p> <p>Source fair trade certified coffee and tea.</p>	<p>Purchase seasonal produce from local farmers.</p> <p>Minimize and monitor leftovers.</p> <p>Switch to re-usable or recyclable food service ware when possible.</p> <p>Recycle cardboard, plastic, metal and cooking oils.</p> <p>Source disposable products containing recycled content.</p> <p>Compost waste.</p> <p>Source green chemicals.</p> <p>Source hormone free milk, meats and poultry raised without nontherapeutic antibiotics.</p> <p>Source fish from sustainable fisheries.</p> <p>Source fair trade certified coffee and tea.</p>	<p>Purchase seasonal produce from local farmers.</p> <p>Minimize and monitor leftovers.</p> <p>Switch to re-usable or recyclable food service ware when possible.</p> <p>Recycle cardboard, plastic, metal and cooking oils.</p> <p>Source disposable products containing recycled content.</p> <p>Compost waste.</p> <p>Consider drink sticks for use with tap water.</p> <p>Source green chemicals.</p> <p>Source hormone free milk, meats and poultry raised without nontherapeutic antibiotics.</p> <p>Source fish from sustainable fisheries.</p> <p>Source fair trade certified coffee and tea.</p>	<p>Incorporate seasonal produce into menus.</p> <p>Minimize and monitor leftovers.</p> <p>Source disposable products containing recycled content.</p> <p>Where applicable, and in conjunction with Medical Centers, where possible, source green chemicals, recycle cardboard, plastic, metal and cooking oils, and compost waste.</p>	<p>Where possible, offer items with minimal or recyclable packaging.</p>

\*\*For unprocessed produce, farmers should be complying with guidelines outlined in **Food Safety Begins on the Farm: Good Agricultural Practices for Fresh Fruits and Vegetables** at <http://www.sfc.ucdavis.edu/pubs/articles/foodsafetybeginsonthefarm.pdf>. Further VHA guidelines are in development.

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