<table>
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<th>Food Category</th>
<th>Food Category Standards</th>
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| **Entrée**    | ▪ Require at least 50% of entrées\(^1\) meet the following nutrition standards:  
  o No more than 35% of calories from fat.  
  o No more than 10% of calories from saturated fat.  
  o 0g trans fat.  
  o No more than 500 calories.  
  o No more than 600 mg of sodium.  
  ▪ **Recommend** at least one vegetarian entrée per meal service. |
| **Side Item** | ▪ Require at least 50% of side items\(^2\) meet the following nutrition standards:  
  o No more than 35% of calories from fat.  
  o No more than 10% of calories from saturated fat.  
  o 0g trans fat.  
  o No more than 250 calories.  
  o No more than 360 mg of sodium. |
| **Snacks/Desserts** | ▪ Require at least 50% of snacks/desserts\(^3\) meet the following nutrition standards:  
  o No more than 35% of calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, and cheese packaged for individual sale).  
  o No more than 10% of calories from saturated fat (excluding eggs and cheese packaged for individual sale).  
  o 0g trans fat.  
  o No more than 35% sugar by weight (with the exception of fruits and vegetables that have not been processed with added sweeteners).  
  o No more than 250 calories per individual food item or package if a pre-packaged item.  
  o No more than 360 mg of sodium per individual food item or package if a pre-packaged item.  
  o At least 2g fiber per individual food item or package if a pre-packaged item, if food item is grain/potato-based.  
  ▪ **Recommend**, if dessert is served, dessert items should contain less or no added sugars. Examples include desserts prepared with fruits, vegetables, nuts, seeds, apple sauces, and yogurts without added sugars. |
| **Condiments** | ▪ **Require** at least two healthy salad dressing options, including one low-sodium, low-calorie, low-fat, cholesterol-free creamy salad dressing and one vinaigrette salad dressing.  
  ▪ **Recommend** low-sodium, low-calorie, low-fat, cholesterol-free, and low-sugar condiment options.\(^4\) |

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\(^1\) Entrées are menu options presented as main dishes, such as omelets, pancakes, meats/fish, pastas, sandwiches, or specialty salads.

\(^2\) Side items are menu options presented as side dishes, such as rice, bread/rolls, potatoes, beans, soup, side salads, fruits and vegetables.

\(^3\) Snacks/desserts refer to packaged or portioned items not presented as entrées or side items and include chips, crackers, pretzels, trail mix, granola bars, yogurt, bakery items, pudding, ice cream, and fresh or processed fruits and vegetables.

\(^4\)
| Beverages | Require at least 50% of beverages meet the following nutrition standards:
| o Drinking water (including carbonated water products).
| o 100% fruit juice without added sweeteners.
| o 100% vegetable juices labeled as “low sodium.”
| o Milk products, including 1%, non-fat, soy, rice and other non-dairy milk without added sweeteners.
| o Sugar-sweetened\(^5\) or artificially sweetened beverages that do not exceed 25 calories per 8 ounces. |
| Fruits | Require at least three fresh fruit options per meal service, served without added sweeteners.
| Recommend, if canned or frozen fruit is purchased, fruit should be packaged in its own juice or water, with no added sweeteners. |
| Vegetables | Require at least two non-starchy vegetable\(^6\) items per meal service, prepared without fat or oil. For the hot lunch service, at least one vegetable option must be a steamed, baked, or grilled non-starchy vegetable, seasoned, without fat or oil.
| Recommend if canned or frozen vegetables are purchased, select products that are labeled “low sodium” or “no salt added.” |
| Grains | Require at least 50% of entrées, when applicable, be made with whole grains.\(^6\)
| Require at least 50% of side items, when applicable, be made with whole grains.\(^7\) |
| Protein | Recommend:
| o Purchase extra lean and/or lean meat.\(^8\)
| o Minimize the purchase of processed meats. |
| Dairy | Recommend:
| o Purchase low-fat or non-fat yogurt and cheese.
| o Purchase cheese labeled “low sodium.”
| o Purchase yogurt with no added caloric sweeteners or yogurts labeled as “reduced sugar” or “less sugar.” |

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\(^4\) A condiment is a food, that requires no additional preparation and that is used on a food item, such as relishes, spices, sauces, confections or seasonings.

\(^5\) Sugar-sweetened beverages include all sodas, fruit drinks, sport drinks, low-calorie drinks and other beverages that contain added caloric sweeteners, such as sweetened tea, rice drinks, bean beverages, sugar cane beverages and nonalcoholic wines.

\(^6\) Starchy vegetables include potatoes (excluding sweet potatoes and yams), corn, and peas.

\(^7\) Grain-based foods are considered whole grain when the first ingredient listed on the ingredient list is a whole grain. Whole grain ingredients include brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole-grain barley, whole-grain corn, whole-grain sorghum, whole-grain triticale, whole oats, whole rye, whole wheat, and wild rice.

\(^8\) Extra lean is defined as no more than 5% total fat. Lean is defined as no more than 10% total fat.
Other Food Service Requirements

- At least one entrée per meal service (not meeting the Concession Nutrition Standards) shall be offered in a reduced-size portion at a reduced price.
- Recommend at least one vegetarian entrée be offered per meal service.
- Recommend utilizing low fat food preparation methods.
- No menu items shall be deep fried.
- Hydrogenated fats and oils shall not be used in food preparation.
- Operate a self-service salad bar during lunch on all days of operation.
- Bottled water must be available as a beverage option.
- Contractor shall provide access to fresh, cold tap water at no cost.
- The size of all fountain drinks shall not exceed 16 ounces per container.
- Combination meals shall offer, as an alternative, bottled water as a beverage option and fresh fruit or a non-starchy vegetable prepared without fat or oil as a side option.
- Menus should include a variety of culturally diverse foods. Seasonal fruits and vegetables shall be sourced and locally grown foods shall be purchased (when feasible).
- The menu shall also list the nutritional information for each item in accordance with the federal menu-labeling requirements set forth under the Patient Protection and Affordable Care Act of 2010.
- Healthy menu items shall be clearly indicated on all menus. Recommend using symbols added to the menu to identify items that feature local produce or vegetarian menu items (when applicable).
- Develop and implement a gradual sodium reduction plan that meets current Dietary Guidelines for Americans (DGA) recommendations within 12 months of Agreement commencement in consultation with DPH staff.
- DPH may periodically monitor the Agreement to ensure the Contractors’ compliance with the Concession Nutrition Standards.
- The prices of healthy entrées, side items, snacks/desserts and beverages shall not exceed the price of other menu options. Pricing for the salad bar and pre-packaged salads shall be competitive with other entrée options.
- Prominently display Choose Health LA signage that promotes healthy food and beverage options.
  - Signage indicating availability of fresh, cold tap water at no charge shall be placed at fountain drink machine or hydration station.
  - Signage identifying reduced-size portion entrée options and combination meals with the alternative option to select bottled water and a non-starchy vegetable or fruit as a side item shall be displayed.
- Healthy option items should be positioned prominently in the cafeteria and be easily accessible for customers.
  - Only display food and beverage items meeting Concession Nutrition Standards, including healthy snacks and water, within five feet of all checkout registers.
  - Candy bars, cookies, chips and sugar-sweetened beverages shall be removed from checkout register area or at point-of-purchase.
  - Fresh fruit shall be displayed within reach of the checkout register.
  - Only healthy beverages shall be displayed in eye-level sections of beverage cases.
  - Only healthy snacks/desserts shall be displayed in eye-level sections of display areas.
  - Healthy entrées and side items shall be placed at the front of each food service area.

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9 Reduced-size portions are at least 1/3 smaller than the full-size item and are offered in addition to the full-size versions.
10 Low fat food preparation methods include broiling, grilling, baking, poaching, roasting and steaming.
11 Combination meals consist of an entrée plus a side option and/or beverage.
12 Starchy vegetables include potatoes (excluding sweet potatoes and yams), corn, and peas.
13 Locally grown is defined by the Los Angeles Food Policy Council as within a 200 mile radius of Los Angeles.
14 Signage shall be provided by the Los Angeles County Department of Public Health.
15 Sugar-sweetened beverages include all sodas, fruit drinks, sport drinks, low-calorie drinks and other beverages that contain added caloric sweeteners, such as sweetened tea, rice drinks, bean beverages, sugar cane beverages and nonalcoholic wines.