



HealthPartners®



HealthPartners yumPower sample nutrition guidelines

A guide to better-for-you beverages, vending snacks and meals

Do you want your employees to be healthier and happier? Of course you do, because it means fewer sick days and more productive employees. Eating better is one of the best ways employees can improve and maintain their health.

HealthPartners yumPower is all about finding tasty, better-for-you foods that power the body and help employees live the best life possible. Better eating has many benefits. It provides nourishment and energy and can help prevent a variety of health conditions.

To help your employees eat better, work with your food and beverage vendors to implement these guidelines and power up your workforce!

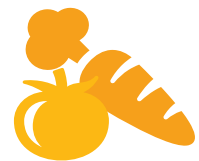
Beverage guidelines:

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Better options:	<ul style="list-style-type: none"> ● Plain and fruit-infused waters ● Plain low-fat milk and milk alternatives with no added sugar ● Plain coffee and tea ● 100 percent juice in 12-ounce serving sizes or less
Fat:	<ul style="list-style-type: none"> ● Offer plain low-fat milk or nondairy, calcium-fortified beverages such as soy and almond milk with no added sugar
Sugar:	<ul style="list-style-type: none"> ● 12 grams or less of sugar per 8-ounce dairy or nondairy, calcium fortified beverage ● Give preference to products that don't contain high fructose corn syrup
Sodium:	<ul style="list-style-type: none"> ● Less than 360 milligrams of sodium per serving, including vegetable juices
Other considerations:	<ul style="list-style-type: none"> ● Minimize or avoid additives, such as artificial sweeteners, flavors, colors and dyes



Vending machine snack guidelines:

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Calories:	<ul style="list-style-type: none"> ● Less than 250 calories per serving
Fat:	<ul style="list-style-type: none"> ● Zero trans fat (including items that contain partially hydrogenated oil as an ingredient) ● 10 percent or less of calories should be from saturated fat per serving ● 35 percent or less of calories should be from total fat per serving (excluding sources of healthy fat, such as nuts, and allowing up to 40 percent for chips made from whole grains)
Fiber:	<ul style="list-style-type: none"> ● More is better! (In fruit, vegetable, grain and nut products)
Sugar:	<ul style="list-style-type: none"> ● Less than 35 percent of weight should be from sugar per serving (excluding whole fruit products or ingredients with no added sugars) ● Give preference to products that don't contain high fructose corn syrup
Sodium:	<ul style="list-style-type: none"> ● Less than 360 milligrams per serving
Other considerations:	<ul style="list-style-type: none"> ● Give preference to whole (less processed) foods and grains ● Minimize or avoid additives, such as artificial sweeteners, flavors, colors and dyes ● Although dark chocolate has noted health benefits, it also exceeds saturated fat recommendations — if it's at least 70 percent cocoa, offer in small (1-ounce) portions





Meal and entree* guidelines:

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Calories:	<ul style="list-style-type: none"> ● Less than 750 calories per meal
Fat:	<ul style="list-style-type: none"> ● 35 percent or less of calories should be from total fat; 10 percent or less from saturated fat, per meal ● Zero trans fat (items should not include partially hydrogenated oil as an ingredient)
Fiber:	<ul style="list-style-type: none"> ● At least 5 grams per meal
Sugar:	<ul style="list-style-type: none"> ● Prepare foods with fewer or no added sugars, including high fructose corn syrup
Sodium:	<ul style="list-style-type: none"> ● Less than 900 milligrams of sodium per meal; 480 milligrams of sodium per individual dish ● Less than 230 milligrams of sodium for all vegetables, as served
Protein:	<ul style="list-style-type: none"> ● Should contain lean or extra lean meats, poultry, fish, beans, eggs or nuts/seeds
Nuts and seeds:	<ul style="list-style-type: none"> ● Choose unsalted or lightly salted items and avoid candy- or yogurt-coated items
Fruits and vegetables:	<ul style="list-style-type: none"> ● Entrees should contain at least 1 cup of fruits or vegetables, or a combination of both ● Serve salads or vegetables with 1-ounce side portions of dressing and/or healthy oils (canola, olive) ● Give preference to whole, fresh or frozen produce (with no added sugar), dried fruit with no added sugar and canned fruits in 100 percent juice (not syrup)
Milk/cheese products:	<ul style="list-style-type: none"> ● Offer 1 percent or nonfat milk, or nondairy, calcium-fortified beverage such as soy milk ● Offer low or nonfat yogurt or cottage cheese with reduced or no added sugar or sodium
Grains:	<ul style="list-style-type: none"> ● Preferably, serve whole grain products with less than 10 grams of total sugar per serving
Other considerations:	<ul style="list-style-type: none"> ● Minimize processing and additives, such as artificial sweeteners, flavors, colors and dyes ● Preferred cooking methods: baked, roasted, steamed, broiled or sautéed in a small amount of healthy oils (e.g., canola, olive, etc.) or low-sodium broths ● Offer half or reduced size choices for meals, when possible or appropriate ● Offer fruit or a nonfried vegetable as the optional side when value meal combinations are offered

*Complete meal definition: 1. The main entree, a side vegetable and a side starch; 2. A meal can also include a beverage in addition to #1; 3. A full meal offering can consist of a salad or soup, the main entree, a vegetable, a starch and a dessert.

For more tasty tips and useful resources, visit yumpower.com.