



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

The Division of Prevention and Rehabilitation Healthy Eating Guidelines

Approved July 7th, 2011
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INTRODUCTION

The Division of Prevention and Rehabilitation has a longstanding history of promoting health and wellness. Regular exercise and healthy eating play a major role in ensuring the health of our employees. The Division of Prevention and Rehabilitation is also a proud partner of the Champlain Cardiovascular Disease Prevention Network (CCPN) and its Healthy School-aged Children Initiative. On September 1st, 2011, all publicly funded elementary and secondary schools in Ontario will have to be compliant with the new School Food and Beverage Policy (PPM 150). In order to support the schools in this policy, our Division has adopted similar nutrition standards as the schools. By complying with the Division of Prevention and Rehabilitation Food and Beverage Policy, not only is the Heart Institute showing its support to the schools but also, it demonstrates our continued commitment to health and wellness. Modeling a lifestyle of healthy eating which we teach our patients is one way that we can ensure a healthy workforce and a positive message to the rest of the Heart Institute and the community.

GUIDING PRINCIPLES

- 1. The Division of Prevention and Rehabilitation will strive to promote healthy eating in all events with which it is involved**
- 2. Choose fresh, whole foods over pre-packaged or prepared foods**
- 3. All meals should include 3 of the 4 food groups from Canada's Food Guide**
- 4. Food should always be prepared in a healthy way** – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming or stir frying.
- 5. Look out for red flags** – certain foods are known to be high in saturated or trans fat, calories or sodium (e.g creamy salad dressings). Avoid these foods as much as possible.
- 6. When providing coffee and tea, milk with 2% M.F. or less should be served. Do not serve cream.**

WHAT DOES THIS POLICY APPLY TO?

This policy applies to **all** events within the Division of Prevention and Rehabilitation where food or beverages are offered or sold. This is inclusive of workshops or presentations hosted by our Division, Lunch & Learn events, potlucks, birthday celebrations, baby/bridal showers, seasonal celebrations, etc. The Division has the right to refuse engaging in partnerships that are not in line with the healthy eating messages established in this policy.

Special Food Days

Teams within the Division of Prevention and Rehabilitation:

Once per month, Prevention and Rehabilitation staff may partake in an event or meal within their team which would be exempt from the Division of Prevention and Rehabilitation Food and Beverage Policy.

Division events

One special event day per year will be granted to the Division of Prevention and Rehabilitation as a whole in which the event is exempt from the Food & Beverage Policy. This special day must be an internal event where all Prevention and Rehabilitation staff are invited.

FOOD GROUP SUGGESTIONS



Vegetables and Fruits:

- Choose fresh or frozen vegetables and fruits whenever possible
- Choose brightly coloured vegetables and fruit
- Fruit plate



Milk and Alternatives:

- Plain white milk (2% M.F. or less)
- Low-fat cottage cheese
- Low-fat cheese (20% M.F. or less)
- Low-fat yogurt



Meat and Alternatives:

- Lentils & beans
- Tofu
- Cooked chicken or turkey vs. deli meats
- Nuts



Grain Products:

- Oatmeal
- Whole wheat pasta
- Whole grain breads
- Quinoa/Couscous

Miscellaneous Items:

- Healthy salad dressings can be made easily. Use olive oil, herbs and vinegar. Offer dressings on the side whenever possible.
- Salt packets or shakers must not be made available.
- Items such as condiments, spreads, sauces, dips & dressings should be used sparingly.

FUNDRAISING

Fundraising with foods of poor nutritional value discourages healthy eating habits and runs in contrast to ideals and values of the Division of Prevention and Rehabilitation.

Sell only Choose Most foods or non-food items for fundraising

Division of Prevention and Rehabilitation Healthy Eating Guidelines – Details

The Division of Prevention and Rehabilitation Healthy Eating Guidelines have been adapted from the Ministry of Education's School Food and Beverage Policy released in January 2010.

All foods and beverages served within our Division must comply with the 80/20 rule. As illustrated below, 80% of the food and beverage offerings must be from the Choose Most category. Twenty percent of the food and beverages can be from the Choose Less category and 0% can be from the Choose Never category. Food and beverages are assessed separately for the 80/20 rule.

Example: 80/20 Rule

If you have a meal where you have 5 food offerings and 3 beverage offerings, you would assess the food and beverages independently. In the case of the food offerings, 4 of the foods would need to be from the Choose Most category ($4/5 = 80\%$) while one could be from the Choose Less category ($1/5 = 20\%$). For the beverages, all of the beverages would have to be from the Choose Most category as there are not enough beverages on offer for there to be a Choose Less option ($2/3 = 66\%$).

Choose Most

$\geq 80\%$

Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of saturated and trans fat, sugar, and/or sodium.

Products in this category must make up *at least 80 percent* of all food choices and all beverage choices that are offered in all venues, through all programs and all events of the Division of Prevention and Rehabilitation

Choose Less

$\leq 20\%$

Products in this category may have slightly higher amounts of saturated and trans fat, sugar, and/or sodium than food and beverages in the Choose Most category.

Products in this category must make up *no more than 20 percent* of all food choices and all beverage choices that are offered in all venues, through all programs, and at all events of the Division of Prevention and Rehabilitation

Choose Never

0%

Products in this category generally contain few or no essential nutrients and/or contain high amounts of saturated and trans fat, sugar, and/or sodium (e.g., deep-fried and other fried foods, confectionery). Food and beverages in this category must not be offered

Choose Most examples:

Food

- All fresh **fruits & vegetables**.
- For **canned, frozen or dried fruits or vegetables**, fruit or vegetable must be the first ingredient and have less than 2g of saturated fat and 360mg of sodium per serving.
- For **canned tomatoes** or tomato based products, there must be less than 2g of saturated fat and 480mg of sodium per serving.
- For all **breads**, whole grain must be listed as the first item on the ingredient list. Must be less than 2g of saturated fat, 240mg of sodium and more than 3g of fibre per serving.
- For **cheese**, there must be less than 20% milk fat and 240mg of sodium per serving.
- For **yogurt**, there must be less than 3.25% milk fat or less than 3 g of saturated fat per serving.
- For **deli sandwich meat**, there must be less than 2 g of saturated fat and 480mg of sodium per serving.
- For **entrées**, there must be less than 5 g of saturated fat, 600mg of sodium and more than 2 g of fibre and 10 g of protein per serving.
- For **soups**, choose broth-based or tomato-based soups.
- The **trans fat** content in all foods must not exceed 2% of the total fat content.

Beverage

- For **milk**, it must be white milk with less than 2% milk fat.
- Only **100% juice** is acceptable.
- Water

Choose Less examples:

Food

- For canned, frozen or dried **fruits & vegetables**, fruit or vegetable must be the first ingredient and have less than 2g of saturated fat and 480mg of sodium per serving.
- For **canned tomatoes** or tomato based products, there are no choose less items. Any canned tomato or tomato based products with more than 2 g of saturated fat and 480 mg of sodium are considered *choose never*.
- For all **breads**, whole grain is not listed as the first item on the ingredient list. Must be less than 2g of saturated fat and 480mg of sodium per serving.
- For **cheese**, there must be less than 480 mg of sodium per serving.
- For **yogurt**, there are no choose less options. If the yogurt has more than 3.25% milk fat or 3 g of fat per serving it is considered a *choose never* food.
- For **deli sandwich meat**, there must be less than 3 g of saturated fat and 600mg of sodium per serving.
- For **entrées**, there must be less than 7 g of saturated fat, 600mg of sodium and more than 2 g of fibre and 7 g of protein per serving.
- For **soups**, there must be less than 2 g of saturated fat, 720 mg of sodium per serving.
- The **trans fat** content in all foods must not exceed 2% of the total fat content.

Beverage

- For **milk**, there are no choose less options.

Choose Never examples:

- Candy
- Chocolate
- Energy bars
- Licorice
- Gum
- Gummies
- Popsicles or Freezies not prepared with 100% juice
- Chocolate milk
- Energy drinks
- Sports drinks
- Soft drinks, 'juice-ades', flavoured water.

Food

- For canned, frozen or dried **fruits & vegetables**, fruit or vegetable is not the first ingredient and has more than 2g of saturated fat and 480mg of sodium per serving.
- For **canned tomatoes** or tomato based products, there is more than 2 g of saturated fat and 480 mg of sodium per serving.
- For all **breads**, whole grain is not listed as the first item on the ingredient list and has more than 2g of saturated fat and 480mg of sodium per serving.
- For **cheese**, there is more than 480 mg of sodium per serving.
- For **yogurt**, there is more than 3.25% milk fat or 3 g of fat per serving.
- For **deli sandwich meat**, there is more than 3 g of saturated fat and 600mg of sodium per serving.
- For **entrées**, there is more than 7 g of saturated fat, 600mg of sodium and less than 2 g of fibre and 7 g of protein per serving.
- For **soups**, there is more than 2 g of saturated fat, 720 mg of sodium per serving.
- The **trans fat** content is in excess of 2% of the total fat content.