

# Setting up your Healthy Picks program

Kaiser Permanente HealthWorks

**Eating well is part of a healthy lifestyle and can help employees be more productive on the job. Use the guidelines in this flyer to stock your vending machines with Healthy Picks.**

## Healthy Picks guidelines

Healthy Picks should make up a **minimum of 50 percent** of the choices in vending machines. For beverage vending machines, you can include diet sodas as part of the 50 percent minimum of healthy choices even though they aren't labeled as Healthy Picks.

### Snack guidelines

	<b>Label snacks that follow these requirements as Healthy Picks in your vending machines:</b>
<b>Fat</b>	<ul style="list-style-type: none"><li>• No more than 35% calories as fat (excludes nuts and lean proteins that are high in omega-3 fats)</li><li>• No more than 10% saturated fat</li><li>• No trans fats or hydrogenated fats</li><li>• Preferable cooking methods include: baked, roasted, steamed, broiled, or sauteed in a small amount of nonhydrogenated canola, soybean, or olive oil</li></ul>
<b>Protein</b>	<ul style="list-style-type: none"><li>• Must be a lean protein source such as fish, chicken, turkey, tofu, or beans</li></ul>
<b>Sugars and artificial sweeteners</b>	<ul style="list-style-type: none"><li>• Sugars should be less than 35% by weight (does not apply to fresh produce, dried fruits without added sugar, and canned fruits in juice, not in syrup)</li><li>• Does not contain saccharin</li></ul>
<b>Total calories</b>	<ul style="list-style-type: none"><li>• May not exceed 200 calories per container (does not apply to fresh produce, dried fruits without added sugar, and canned fruits in juice, not in syrup)</li></ul>
<b>Nuts and seeds</b>	<ul style="list-style-type: none"><li>• Plain or with spices</li><li>• No candy-coated or yogurt-coated nuts</li></ul>
<b>Fruits and vegetables</b>	<ul style="list-style-type: none"><li>• Prepared salads or vegetables served with nonfat dressings or small portions (1 oz or less) of other dressings if made with canola oil, soybean oil, olive oil, or nonhydrogenated fat</li><li>• Dried fruits without sugar added</li><li>• Canned fruits in juice, not in syrup</li></ul>
<b>Dairy products</b>	<ul style="list-style-type: none"><li>• Lowfat (1%) or nonfat dairy products (e.g., yogurt, cottage cheese)</li><li>• Lowfat and nonfat cheeses (entrees containing cheese must have less than 10% saturated fat)</li><li>• Lowfat (1%) and nonfat frozen dairy items</li><li>• Other dairy items that meet the fat criteria</li></ul>
<b>Grains</b>	<ul style="list-style-type: none"><li>• Whole-grain starches, pastas, rice, and breads</li></ul>
<b>Sodium (salt)</b>	<ul style="list-style-type: none"><li>• Snacks may contain no more than 400 mg sodium</li><li>• Entrees may contain no more than 1,000 mg sodium per meal</li></ul>



If you have questions about the Healthy Picks program, please contact your Kaiser Permanente representative.

## Beverage guidelines

Beverage choices must not contain high fructose corn syrup or more than 400 mg sodium per item. Label these choices as Healthy Picks:

- Water
- Lowfat (1%) or nonfat milk (no chocolate or flavored milk)
- Brewed green teas, bottled teas
- 100% fruit or vegetable juices
- Juice drinks that contain at least 50% juice
- Sport-drink water
- Bottled and carton beverages which are less than 150 calories

### **These choices are acceptable but should not be labeled as Healthy Picks:**

- Coffee/tea
- Sugar-free sodas
- Sugar-free gum

## Tips for a healthy diet

The Healthy Picks program is based on these principles of good eating:

### **Limiting fat**

- Choosing lean protein sources such as fish, chicken, turkey, tofu, or beans (lean beef and pork should be eaten less frequently)
- Drinking lowfat (1%) or nonfat milk and dairy products

### **Choosing the right kinds of fat**

- Avoiding trans fats and hydrogenated fats
- Using canola, soybean, and olive oils when cooking

### **Increasing fiber intake**

- Eating whole-grain breads, cereals, rice, and pasta
- Choosing fresh fruits and vegetables every day

### **Using salt in moderation**

### **Limiting total calories per day by eating reasonable portion sizes**