



Healthy Cleveland Nutrition Guidelines

Introduction

Every day in Greater Cleveland, thousands of meals and snacks are served to children beyond school hours, to senior citizens beyond their homes, and to community residents via countless community centers, food banks, and food pantries. The majority of these meals are served to the one in six Cleveland residents who are struggling to find their next meal, and provide an invaluable source of nutrition, community engagement, and sustenance. The Healthy Cleveland Guidelines are based on the USDA Dietary Guidelines current recommendations for consumers.

Partners

These Guidelines were developed in partnership with The Cleveland Foodbank, Children's Hunger Alliance, Hunger Network of Greater Cleveland, City of Cleveland, Healthy Cleveland, Cuyahoga County, Cleveland Clinic, Ohio State University Extension and The Cleveland-Cuyahoga County Food Policy Coalition.

Goals

- To align the Healthy Cleveland Initiative with the USDA Dietary Guidelines and consumer recommendations
- To improve the health and well-being of greater Cleveland residents by creating clear nutritional guidelines by which food will be purchased, donated, prepared, and served
- To improve the quality and nutrition of the foods purchased, donated and served by local government, agencies and organizations
- To promote healthy eating, improve the community health and the quality of life of greater Cleveland residents

Organizational Impact

These guidelines will affect any organization receiving public funding to operate their food programs, and can also be applied to food programs coordinated by partner agencies, such as the Cleveland Foodbank.

Nutrition Guidelines

Carbohydrates/Starch:

- > 50% of served grains are whole grain. Examples include brown rice, whole grain pasta, and whole grain bread options (dinner rolls, bagels, etc.)
- Sliced bread contains 2 grams of fiber or more per serving
- Cereals contain less than 10 grams of sugar per serving

Protein:

- Choose lean protein including skinless chicken, fish, turkey, 85/15 or 90/10 ground beef
- Limit protein to a maximum of 3-4 ounces per serving
- Offer vegetarian options for meals including protein sources such as legumes, beans, eggs, nuts and seeds. Canned beans should be low sodium. Regular canned beans are rinsed before cooking or serving

Dairy :

- Milk is 1% or fat-free. Flavored milk is fat-free
- Dairy-free milk substitutes such as soy, almond or rice
- Low-fat or fat-free yogurt; also reduced sugar options when possible
- Low-fat or part-skim cheeses

Fruits:

- Vary the color of fruits
- Canned fruits are packed in water or unsweetened juice
- Produce sourced from local farms when available
- Juice is 100% juice

Vegetables:

- Vary the color of vegetables
- Canned/frozen vegetables should have less than 300 mg sodium per serving
- Limit starchy vegetables including corn, peas, and potatoes
- Produce sourced from local farms when available

Fats:

- Limit total fat intake with most fats coming from healthy fat sources (polyunsaturated and monounsaturated fats) such as fish, nuts, and vegetable sources
- Avoid trans-fat in any food products that are prepared and served
- Avoid deep frying of foods

Three Healthy Tips to Maximize Nutrition

1. Provide a variety of foods that contain high amounts of nutrients, limit processed, sugar and fat filled items.
2. Serve Healthy Beverages:
 - Tap water: Water should be served with every meal, preferably filtered tap water
 - Milk: 1% (unflavored) or fat-free (flavored or unflavored) dairy, soy, rice and almond.
 - Juice: 100% fruit or vegetable juice (low sodium, if applicable)
 - Unsweetened iced tea
3. Avoid Empty Calories and Non-Nutritive Foods:
 - Pastries, danish, donuts, and other baked dessert goods should not be served in the place of any other meal item or component. Aim to serve these items only on occasion and in moderation. These food items provide “empty calories,” in that they add to the amount of sugar and fat consumed, but do not provide any of the nutrients the body needs to thrive, like vitamins, minerals, or protein.
 - Avoid adding additional sugars and salt if not called for in a recipe
 - Avoid serving fruit drinks, sodas, and energy drinks
 - Limit use of condiments including mayonnaise, butter, margarine, salad dressing, jelly and other prepared sauces

Seven Strategies for Eating Healthy

Balancing Calories

1. Enjoy your food, but eat less
2. Avoid oversized portions

Foods to Increase

3. Fruits and Vegetables - Make half your plate fruits and vegetables
4. Whole Grains - Make at least half your grains whole grains
5. Low Fat Milks - Drink fat-free or low-fat (1%) milk instead of whole or 2%
6. Water - Drink water instead of sugary drinks

Foods to Reduce

7. Sodium - Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers



For more Information, check out these great resources from the USDA:

[USDA Selected Messages for Consumers 2010.](#)

[USDA Dietary Guidelines for Americans](#)

USDA Insights: [49](#), [51](#), [52](#)