

Eat Well Berkeley Nutrition Standards

Eat Well Berkeley restaurants should meet the standards of the UC Berkeley [Food and Beverage Choices Policy](#). Below are the standards for labelling healthy menu items with the Eat Well Berkeley check mark.

Menu Items

In order for menu items to be labeled as Eat Well Berkeley items, they must meet these standards:

- **Vegetables and/or fruit** – at least one serving
- **Whole grains** – items made with grains must be made up of more than 50% whole grains. Emphasize whole, intact grains such as brown rice, oats, quinoa, and barley.
- **Protein options** – must be plant-based or lean animal proteins, and prepared in a healthy way such as baked, grilled, roasted, sautéed, or steamed. Emphasize plant proteins such as beans, lentils, tofu, and nuts. Lean animal proteins include skinless poultry, seafood, and eggs. Serve less red meat, and choose lean cuts.
- **Healthy fats** – think “good fat,” not “low fat.” Fats should mostly be from non-hydrogenated plant oils, nuts, seeds, nut butters, and avocado.
- **Flavor** from spices, herbs, and cooking techniques rather than excess added sugar or salt.

Additional Criteria for Specific Menu

Sandwiches & Wraps



Criteria for Menu Items above, plus:

- Offer at least one vegetarian option.
- Cheese can play a supporting role at 1 ounce or less, and only on vegetarian sandwiches

Examples of how to meet Nutrition Standards

- At least one serving of vegetable or fruit (e.g. a grilled vegetable sandwich or add lettuce and tomato)
- Healthy condiments include hummus, avocado, olive oil, or pesto. Small amounts of mayonnaise or aioli are permitted.
- Healthy protein ideas include baked tofu, grilled chicken, roasted turkey, or tuna or salmon salad with minimal mayonnaise.

Salads



Criteria for Menu Items above, plus:

- Serve dressings on the side.
- Toppings not meeting Menu Items standards should be limited to 1 ounce total per serving (croutons, candied nuts, sweetened dried fruit, cheese, etc.).

Examples of how to meet Nutrition Standards

- Healthy proteins such as beans, lentils, fish, eggs, or skinless poultry.
- Dressings made with healthy fats such as olive oil, other plant oils, or avocado.

Other Entrees



Criteria for Menu Items above, plus:

- Offer at least one vegetarian option
- Cheese can play a supporting role at 1 ounce or less, and only in vegetarian options

Examples of how to meet Nutrition Standards

- At least one serving of vegetable or fruit (e.g. fresh fruit in oatmeal, lettuce and tomato in burrito, etc.)
- Healthy protein ideas include beans or lentils, tofu, eggs, chicken, turkey, or seafood.

Sides & Appetizers



Examples of how to meet Nutrition Standards

- Sides should meet Menu Items criteria, such as side salad, fruit, grain salad, rather than potato chips or fried snacks.
- Appetizers should include at least one vegetable, fruit, whole grain, or protein that meets the Menu Items Criteria.
- Small amounts of cheese may be used as a garnish

Eat Well Berkeley Nutrition Standards Appendix

Fruit and Vegetables

One serving of fruit is approximately:

- 1 medium piece (apple, orange, peach)
- ½ large piece (banana, grapefruit, mango)
- 1 cup berries or cubed melon

One serving of vegetable is approximately:

- ½ cup cooked or raw vegetables
- 1 cup raw leafy greens

Whole Grains

- Best: Whole, intact grains: Oats, brown rice, quinoa, buckwheat, barley, bulgur, wild rice, millet, sorghum, etc.
- Better: Bread, wraps, pasta, and other grain products made with 100% whole grain flour*
- Good: Bread, wraps, pasta, and other grain products with more than 50% whole grain flour*

*Whole grain flour: Has the word “whole” in front of each grain’s name, unless it is a grain that is always whole, such as brown rice, oats, oatmeal, or wheatberries. Words such as “wheat flour,” “stoneground,” and “multigrain” do not necessarily indicate whole grains. “Enriched flour” or “enriched wheat flour” always means refined flour, which is not a whole grain.

Plant-Based Proteins

- Beans and legumes (black beans, chickpeas, lentils, edamame, etc.)
- Tofu and tempeh, which are preferred over highly processed soy products such as soy meat alternatives

Lean Animal Proteins

- Fish and seafood:
 - Best: Wild Alaskan salmon, Freshwater coho salmon, Atlantic mackerel, and Pacific sardines
 - Better: Tuna, shrimp, fish fillet, and a variety of other types of seafood, preferably sustainable options – Learn more through the [Monterey Bay Aquarium Seafood Watch](#)
- Poultry:
 - Best: Skinless turkey or chicken breast
 - Better: Skinless turkey or chicken dark meat
 - Acceptable: Chicken or turkey deli meat, although those with preservatives and high sodium are not ideal
 - Not lean: Poultry with skin, wings
- Lean pork:
 - Best: Limit red meat. The leanest cut is tenderloin.
 - Better: Center loin
- Lean beef:
 - Best: Limit red meat. Leanest cuts include round steaks and roasts (eye of round, top round, round tip), top loin, top sirloin, and chuck shoulder steak
 - Better: flank steak, tri-tip, tenderloin, T-bone steak, 93% lean ground beef
- Lean lamb: Limit red meat. Lean cuts of lamb are chops, leg roast, tenderloin shank
- Wild game: venison, bison, squab, wild duck (skinless), pheasant, rabbit

Healthy Fats

- Avocado
- Nuts – walnuts, almonds, pistachios, Brazil nuts, hazelnuts, cashews
- Plant-based liquid oils – olive, canola, sesame, safflower, peanut
- Seeds – sesame, sunflower, flaxseed, chia, pumpkin, hemp

Unhealthy Fats – will not be labeled as Eat Well Berkeley items

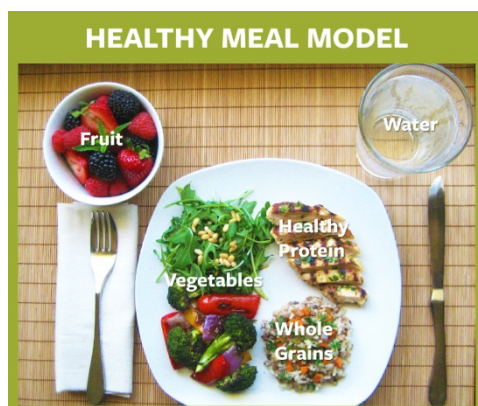
- Partially hydrogenated oils or hydrogenated oils, or products containing these oils
- Deep-fried foods
- Foods with excess high-fat dairy (butter, cream, etc.)
- High fat meat or poultry (most cuts not listed under Lean Animal Proteins)

Excess Added Sugar or Salt – will not be labeled as Eat Well Berkeley items

- Processed/packaged foods are often high in salt and sodium and are generally not labeled Eat Well Berkeley, including bars, cookies, cakes, chips, crackers, etc.
- Added Sugar
 - Sugary beverages, including fruit juice portions greater than 8 ounces, are discouraged
 - Most desserts are not labeled as Eat Well Berkeley. If you offer dessert, offer a few small or mini portions for those that just want a taste of something sweet.
 - Processed foods often contain added sugar, so whole fresh foods are preferred
- Salt
 - Condiments and dressings should be served on the side
 - Recipes using lower sodium ingredients are preferred (lower sodium broth, soy sauce/tamari, and other dressings and sauces)
 - Processed foods often contain high amounts of salt, so whole fresh foods are preferred

Breakfast

- Eat Well Berkeley breakfast-specific recommendations:
 - Include fresh fruit, whole grains, and healthy sources of protein
 - Whole grain items: oatmeal, small/mini whole grain bagels or bread, whole wheat or corn tortillas, homemade low-sugar granola
 - Option for small or mini baked goods portions, which must be at least 50% whole grain
 - Proteins: Nuts or nut butters (no sugar, low sodium preferred), tofu, beans, eggs, or non-fat or low-fat dairy products low in added sugar (plain yogurt or cottage cheese)
 - Low-sugar yogurt (ideally unsweetened) parfait with fresh fruit and low-sugar granola
 - Foods with high amounts of added sugar or refined flours (pastries, white bagels, sugary yogurt parfaits with granola, etc.) are discouraged and will not be labelled Eat Well Berkeley items



The Healthy Meal Model shows the recommended portions of each food group and sums up our requirements and recommendations.

- Emphasize plant-based foods - Think produce first, and strive to use whole, intact grains and vegetarian protein options.
- Include healthy fats, but reduce added sugar and salt.
- Make unsweetened drinks the main beverage option.