



MICHIGAN HEALTH & HOSPITAL ASSOCIATION

Advocating for hospitals and the patients they serve.

Star 1 ☆ Default non-select pediatric patient menus for children 2-18 to meet the American Heart Association (AHA) guidelines. (Recommendations should be met as guidelines for the day.)

Implementation details:

- Fiber meets recommendation of age + 5 grams. Diets with an age range will default the highest fiber recommendation (i.e., diet for 4-6 years of age will have 11 grams fiber as a default).
- Less than 30 percent calories from fat.
- Limit saturated fat to less than 7 percent total daily calories.
- All menu items contain zero grams trans fat.
- Sodium for the day will fall within the specified range below. Please note that the guidelines are the same for both sexes.

Age	Sodium, milligrams
2 - 4 yr.	1200 – 1900
5 - 17 yr.	1500 – 2300

Star 2 ☆☆ Transition to healthy beverages. The default choice on pediatric patient menus/trays should be milk. When juice is served, only 100 percent juice should be served. When serving milk, serve recombinant bovine growth hormone (rBGH) free milk and non fat (skim) milk or low-fat when deemed medically appropriate; use Bisphenol A (BPA) free containers and/or reusable cups. The healthy beverage transition should also be applied to adults when applicable.

Implementation details:

- Instead of juice, children should be encouraged first to eat whole fruits.
 - In support of meeting the AHA’s fiber guidelines described in star one, the default menu should supply whole fruit when meeting dietary guidelines for fruit exchange instead of fruit juice.
- Non-select pediatric patient meals should receive:
 - Water.
 - rBGH, also known as rBST, free milk and non fat (skim) or low-fat milk when deemed medically appropriate. However, some children may be recommended to continue drinking whole milk beyond 24 months of age to assist with brain development.
- When juice is provided, 100 percent juice must meet the following guidelines:
 - Pasteurized 100 percent fruit juice.
 - Contain no added sugars including high fructose corn syrup, sugar or artificial sweeteners in the ingredient list.

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- Limit children 1 to 6 years old to six oz per day.
- Limit children 7 to 18 years old to 12 oz per day.
- Soda should not be provided to children 2-18 on a non-select tray.
- The following are recommendations for healthier packaging:
 - Use BPA-free containers and/or reusable cups.
 - Avoid using #7 plastics. Plastics with the recycling labels #1, #2 and #4 (typically denoted on the bottom of the container) are safer choices and do not contain BPA.
 - Find glass versions, or those made from the safer plastics including polyamine, polypropylene and polyethylene.
 - Some brands carry BPA-free products; ask your vendor.
 - Styrofoam cups should **not** be used as an alternative.

Star 3 ☆☆☆ Label nutritional content in cafeteria offerings.

Implementation details:

- New or improved cafeteria signage will be at the discretion of the institution and may include the following:
 - calories
 - carbohydrates
 - saturated fat
 - sodium
 - portion control
 - balanced meal recommendations

Star 4 ☆☆☆☆ Healthy eating starts with a healthy food system. In an effort to provide an ongoing evolving resource to hospitals to continue modeling healthy food environments, the following commitment is recommended. Sign the resolution of support for the Michigan Good Food Charter challenging institutions, and thus hospitals, to commit to purchase at least 20 percent Michigan grown and produced and processed foods. It is also recommended that your hospital sign onto the Health Care Without Harm Healthy Food Pledge if it has not done so already.

Implementation details:

- Start by signing the resolution at <http://www.michiganfood.org/index.php?id=9>.
- Expand or host a hospital farm/farmer's market to feature Michigan produce while accepting Electronic Benefit Transfer and/or Project Fresh Coupons; and/or
- Expand or offer a Community Support Agriculture Share program for your hospital's employees by becoming a drop-off site for Michigan farmers; and/or
- Create a 12-month baseline of your hospital's Michigan food purchases and set goals to source at least 20 percent by 2020.