

# Dierbergs BEE Healthy Product Guidelines

## General Guidelines:

- Emphasize plant-based foods including more grains, nuts, vegetables and fruits
- Sodium intake should be  $\leq$  2300 mg/day; lower is better
- In general foods and beverages should contain  $\leq$  35% sugar by weight
- Naturally occurring sugar is not calculated including sugar in plain milk, fruit and 100% juice
- Foods containing artificial sweeteners and sugar alcohols are excluded
- In general, foods should contain  $\leq$  10% of calories from saturated fat
- Choose foods that include at least 10% of the DV for calcium, iron or vitamin D

## Beverages:

- Milk – low fat or nonfat  $\leq$  2% fat
- Juices - 100% fruit juice
- Water (calorie free)
- Calcium fortified nondairy milk such as almond or soy
- Occasional use: low sugar beverages such as 50% juice drinks

## Dairy Products

- Cheese – reduced fat  $\leq$  2% fat
- Yogurt – low fat or non fat

## Bread & Cereals

- Whole grain as the first ingredient (whole grain flour, graham flour, brown rice, or oatmeal)
- Minimum 2 grams of fiber per serving

## Fruits and Vegetables

- Fresh, canned, dried or frozen fruits; canned fruits should be packed in juice or light syrup
- Vegetables may be fresh, frozen or canned and should not be fried.

## Entrees and meats

- Select more plant-based options, as well as poultry, fish and lean cuts of red meat
- Should not be deep fried

## Salad Dressings, Dips, Sauces and Fats

- Low in saturated fat
- Free of trans fat

## Snacks

- Calories – generally  $\leq$  200 calories per serving
- Low in saturated fat
- Fiber –  $\geq$  2 grams fiber per serving

**To calculate sugar by weight and fat and saturated fat by percent:**

- To calculate percent of sugar by weight: Multiply the amount of sugar in grams (ex 5 g) x4 (ex = 20); divide by calories per serving (ex 110 calories) and then multiple x100.

(Ex: 5 grams x4 = 20 ÷ 110 calories per serving = .18 x100 = 18% of calories from sugar)

Foods, other than entrées should contain =/<35% of calories from fat (exception: cheese, nuts, nut butters and seeds)

- To calculate percent of fat: Multiply the amount of fat in grams (ex 10 g) x9 (ex = 90); divide by calories per serving (ex 350 calories) and then multiple x100.

(Ex: 10 grams x9 = 90 ÷ 350 calories per serving = .26 x100 = 26% of calories from saturated fat)

Most foods should contain =/<10% of calories from saturated fat (saturated fat in grams (ex 3 g) x9; divide by calories per serving (ex 350 calories) and then multiply by 100 (Ex: 3 grams sat fat x 9 = 27 ÷ 350 calories per serving = .8 x100 = 8% saturated fat)