



Hospital Green Chef Meal Standards

The way our food is produced, where it comes from and how we prepare it has significant impacts on the health and well-being of the environment, our communities, and the individuals that reside in them. As places of healing, hospitals have a unique opportunity to be models of wellness by preparing meals for patients, staff and visitors that are made with food produced and prepared in a way that is protective of the environment and public health.

Increasingly consumers are seeking food that is healthy for them and the environment. Hospitals can assist patients, staff and visitors in making good food choices by creating and labeling meals that meet certain sustainability and nutritional standards. Below you will find standards hospitals can follow to create and label meals with the Hospital Green Chef logo to communicate sustainability and healthfulness. The standards are meant to apply to full-plate meals (roughly consisting of one entrée and two sides).

Sustainability Standards

Product Category	Must Be	Strive to Be	Notes
Meat	Raised without the use of antibiotics AND Raised without the use of hormones	Food Alliance Certified OR Organic OR 100% Grass-fed AND Raised and processed in Oregon	To reduce carbon foot print, servings of meat must not exceed 3 oz.
Poultry	Raised without the use of antibiotics	Food Alliance Certified OR Organic AND Raised and processed in Oregon	To reduce carbon foot print, servings of poultry must not exceed 3 oz.
Seafood	Monterey Bay Aquarium Best Choices list OR Food Alliance Certified (shellfish only)	Marine Stewardship Council Certified AND Pacific- caught	To reduce carbon foot print, servings of seafood must not exceed 3 oz.
Dairy	rBGH/rBST-free AND produced in Oregon/Washington	Food Alliance Certified OR Organic	
Eggs	Cage-free	Food Alliance Certified OR Organic	

Produce	Food Alliance Certified OR Organic OR confirmed with the farmer that synthetic pesticides/fertilizers and GMOs were not used	Produced in Oregon AND Seasonal	
Breads, Legumes, Grains	Food Alliance Certified OR Organic OR confirmed with the farmer that synthetic pesticides/fertilizers and GMOs were not used	Grown/Produced in Oregon	
Spices & Sweeteners	GMO-free AND No high fructose corn syrup	Food Alliance Certified OR Organic OR Fair Trade Certified OR Rain Forest Alliance Certified	
Fats & Oils	GMO-Free	Certified Organic OR Food Alliance Certified	

Nutrition Standards

Category	Standard
Fats	<ul style="list-style-type: none"> Meals contain no more than 30% of calories from fat Meals not to exceed 90 mg of cholesterol No trans or hydrogenated fats
Calories	<ul style="list-style-type: none"> Meals not to exceed 700 calories
Sodium	<ul style="list-style-type: none"> Meals must contain 700 mg of sodium or less
Fiber	<ul style="list-style-type: none"> Meals must contain at least 5 grams of fiber
Added Sugar	<ul style="list-style-type: none"> No High Fructose Corn Syrup
Fruits	<ul style="list-style-type: none"> Canned and frozen must be packaged in 100% water or unsweetened fruit juice
Vegetables	<ul style="list-style-type: none"> Canned and frozen must be reduced sodium or no added sodium
Cereals & Grains	<ul style="list-style-type: none"> 100% whole grain
Dairy	<ul style="list-style-type: none"> Fluid milk and yogurt is low-fat (2%, 1%, or fat-free)



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Protein	<ul style="list-style-type: none">• Lean meat, poultry, and fish options served• Serving size of meat, poultry and fish not to exceed 3 oz. cooked
Other	<ul style="list-style-type: none">• No deep fried food

Beverage Recommendations – Beverages are not included in the meal standards, but suggested beverage criteria is listed below.

Sustainability:

- Certified Organic, Fair Trade Certified or Rainforest Alliance Certified
- No bottled beverages (encourage use of reusable containers)

Nutrition:

- Suggest only 100% fruit juice
- No sweetened carbonated beverages
- Vegetable juices contain 230 or fewer mg of sodium