



BIBA Restaurant Program

Meal Standards

These guidelines and definitions have been developed using food and nutrition guidelines set forth by the United States Department of Agriculture, American Diabetes Association, American Heart Association and Whole Grains Council with input from CNMI Registered Dietitians and community partners of the BIBA Healthy Restaurant Program.

BIBA Food Requirements

“BIBA” Regular Meal Criteria:

2 entrees (or 1/3 of meals offered, whichever is fewer) must meet the following nutritional standards:

- ✓ **Calories:** 750 (maximum)
- ✓ **Fruits or vegetables¹:** Two servings (minimum), non-fried
- ✓ **Grains, if included:** At least half must be whole-grain²
- ✓ **Proteins, if included:** Must be a healthy protein³ prepared using the healthy preparation guidelines⁴
- ✓ **Dairy, if included:** Milk and yogurt must be low-fat or fat-free. Cheese must fall within the saturated fat limit.
- ✓ No more than 10 percent of calories from “free sugars”⁵
- ✓ No more than 30 percent of calories from fats*
- ✓ No more than 7 percent of calories from saturated fat*
- ✓ No more than 750 mg of sodium
- ✓ Zero trans fat
- ✓ Zero Monosodium Glutamate (“MSG”) or AJINOMOTO**

Side Dishes Criteria (if applicable):

- ✓ **Calories:** 250 (maximum)
- ✓ Must meet at least one of the following standards:
 - One serving of non-fried fruits and/or vegetables¹
 - One serving of whole-grain²
 - One serving of healthy protein³ or low-fat dairy; AND
- ✓ No more than 30 percent of calories from fat
- ✓ No more than 7 percent of calories from saturated fat
- ✓ No more than 230 mg of sodium
- ✓ No more than 10 percent of total calories from “free sugars”⁵
- ✓ Zero trans fat
- ✓ Zero MSG or AJINOMOTO



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Children's Meals Criteria:

If your restaurant offers a separate children's menu, 2 entrees (or 1/3 of meals offered, whichever is fewer) must meet the following nutritional standards:

- ✓ **Calories:** 600 (maximum)
- ✓ **Fruits or vegetables¹:** Two servings (minimum), non-fried
- ✓ **Grains, if included:** At least half must be whole-grain²
- ✓ **Proteins, if included:** Must be a healthy protein³ prepared following healthy guidelines⁴
- ✓ **Dairy, if included:** Milk and yogurt must be low-fat or fat-free. Cheese must fall within the saturated fat limit.

- ✓ No more than 10 percent of calories from "free sugars"⁵
- ✓ No more than 30 percent of calories from fat*
- ✓ No more than 7 percent of calories from saturated fat*
- ✓ No more than 600 mg of sodium
- ✓ Zero trans fat
- ✓ Zero MSG or AJINOMOTO**

*Exceptions will be made on a case-by-case basis for fats that can provide health benefits such as liquid mono- and polyunsaturated fats from olive oil, coconut oil, nuts, seeds, avocado and fatty fish. These exceptions will be approved by a registered dietitian.

** MSG cannot be added to "healthy" meals at the restaurant AND pre-packaged ingredients used for healthy meals must not include "Monosodium Glutamate" or "MSG" in the ingredient panel. (For more information on MSG, see the MSG factsheet) The U.S. Food and Drug Administration (FDA) requires that foods containing added MSG list it in the ingredient panel on the packaging as monosodium glutamate. Participating restaurants are not required to exclude ingredients containing naturally-occurring monosodium glutamate found in ingredients such as hydrolyzed vegetable protein, yeast extract, soy extracts, protein isolate, tomatoes or cheeses. MSG cannot be listed as "spices and flavoring" according to the FDA.



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Definitions

1: Fruit & Vegetables

- One serving Fruit is approximately
 - 1 medium piece (apple, peach, orange)
 - ½ large piece (banana, grapefruit, mango)
 - 1 cup berries or cubed melon
- One serving of Vegetables is approximately
 - ½ cup cooked or chopped raw vegetables
 - 2 cups raw leafy greens

2: Whole Grains

- Whole grains contain all the essential parts and naturally-occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed. Common examples include:
 - Products made with whole grain flour (bread, wraps, pasta)
 - Brown rice
 - Oats (including oatmeal)
 - Quinoa

3: Healthy Proteins

- When meat or meat alternative is included, must be either a lean or plant-based protein source (e.g. poultry, seafood, tofu, eggs, beans) prepared in a healthy way (broiled, grilled, roasted, steamed, or poached). Lean meat is any cut of meat with less than 10 grams of fat per 3-ounce serving (USDA). Lean meats, poultry and seafood as well as minimally processed plant-based proteins are encouraged.
Common examples include:
 - Skinless turkey or chicken breast
 - Fish fillet (whitefish, salmon, cod, etc.)
 - Lean beef
 - Canned tuna in water
 - Shellfish
 - Nonfat or low-fat dairy
 - Eggs
 - Beans and legumes (black beans, chickpeas, lentils, etc.)
 - Tofu, tempeh



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4: Healthy Food Preparation

- Excludes trans fats (partially hydrogenated oils)
- Limits added fat
- Prepared in a manner that is not fried or deep fried
- Use of low-fat or fat free milk & yogurt
 - Use sensible portions of cheese and other high-fat condiments (mayo, pesto, etc.) For example, no greater than 2 ounces total (1 ounce = 1 slice of cheese, 2 Tablespoons or 1/8 cup condiments)
- Favors fats that can provide health benefits such as liquid mono- and polyunsaturated fats from olive oil, vegetable oils, nuts, seeds, avocado and fatty fish.
- Utilize whole-food ingredients that have been minimally processed with preference given to products made “in-house” as opposed to packaged items
- Low in added sodium
- Utilize low or reduced sodium products when available (e.g. soy sauce, broth, soups, bread, cheese)
- Low in added sugar
 - Provide unsweetened options when available and serve added sweeteners on the side or by request (e.g. plain yogurt, unsweetened iced tea, oatmeal served with brown sugar on the side)

5: “Free Sugars”

“Free sugars” are defined by the World Health Organization as “all monosaccharides and disaccharides **added** to foods by the manufacturer, cook, or consumer, **plus** sugars naturally present in honey, syrups, and fruit juices” Calories from free sugars does not include naturally-occurring sugars found in foods such as tomatoes, brown rice, whole fruit. Free sugars are those that have been refined, to some extent, by humans (e.g. maple syrup or fruit juice) or by animals (e.g. honey).

Free sugars are different from intrinsic sugars found in whole fresh fruits and vegetables. As no reported evidence links the consumption of intrinsic sugars to adverse health effects, the sugar limitation in healthy meals does not include the consumption of intrinsic sugars present in whole fresh fruits and vegetables.

THE USE OF NON-CALORIC ARTIFICIAL SWEETENERS SUCH AS ASPARTAME (EQUAL, NUTRASWEET) AND SUCRALOSE (SPLENDA) IS NOT ENCOURAGED. PLEASE REVIEW THE FACTSHEET ON ARTIFICIAL SWEETENERS.