

# Healthy Food and Beverage Toolkit



Special Olympics  
Washington

**Health**

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More than half of Special Olympics Washington athletes are overweight or obese, despite the fact that many factors leading to obesity are preventable. By providing access to healthy food and beverage choices, Special Olympics Washington strives to reduce risk for chronic disease and support the overall health of Special Olympics Washington’s athletes and their community. A comprehensive approach to health can improve both an athlete’s level of competition and their quality of life.

Special Olympics Washington has identified nutritional guidelines based upon the principles of minimizing the use of process foods, working towards reducing overall sodium content, decreasing sugary beverage intake, and emphasizing fruits, vegetables, and whole grains. These guidelines are a tool for achieving our healthiest standard of food and beverage options at all SOWA competitions, meetings, conferences, and organization sponsored events.

By following these guidelines, you are creating an environment where healthy food and beverage choices are also the easy choice. Thank you for supporting Special Olympics Washington’s efforts to provide healthful options and improve the health of athletes.

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# Acknowledgements

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## Healthy Food and Beverage Guideline Statement

Special Olympics Washington is a catalyst for inclusion, creating a world where people with intellectual disabilities have every opportunity to be healthy. When people with intellectual disabilities have access to health services and resources, they also have more opportunities for education, employment, sports, and other pathways to reach full participation in society. In support of that goal, Special Olympics Washington prioritizes offering healthy food and beverages to all individuals who compete, volunteer, and support our organization.

A comprehensive approach to health can improve both an athlete's level of competition and their quality of life. More than half of the adults competing with Special Olympics Washington are obese, despite the fact that many factors leading to obesity are preventable. By providing access to healthy food and beverage choices, Special Olympics Washington strives to reduce risk for chronic disease and support the overall health of Special Olympics Washington's community.

Special Olympics Washington has identified nutritional guidelines based upon the principles of minimizing the use of processed foods, working towards reducing overall sodium content, decreasing sugary beverage intake, and emphasizing fruits, vegetables, and whole grains. All Special Olympics Washington staff, volunteers, partners, and sponsors are encouraged to meet these guidelines at all competitions, events, and meetings.

This policy will help Special Olympics Washington model the health behaviors the organization is encouraging athletes to adapt in their own lives. Thank you for supporting Special Olympics Washington's initiative to provide healthful options and improve the health of athletes.

Dave Lenox  
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## **MEALS AND LIGHT REFRESHMENTS**

Choose foods and beverages that meet at least the Healthy standard. We strive to serve meals that meet the Healthier and Healthiest standards.

### **Healthy**

- Provide options that are appropriate for the attendees' dietary and cultural food needs.
- Provide water at breaks and meals.
- Serve at least one fruit or vegetable without added salt, sugar or fat for all light refreshments and as part of all meals.
- Choose foods that are low in fat—especially saturated and trans fats
- Choose foods that are low in added sugars.
- All available beverages meet healthy beverage standards (below)

### **Healthier**

- Meet the Healthy standard.
- When you serve grains, make sure that whole grain rich options are available.
- When you serve dairy, make sure that low-fat or non-fat dairy options are available.
- When you serve proteins, make sure that lean meat and low-fat, non-meat protein options are available.

### **Healthiest**

- Meet the Healthier standard.
- When single-serve packaged items are served, they meet healthy snack guidelines (below)
- Serve at least one fruit AND one vegetable (without added salt sugar or fat) for all light refreshments and as part of meals
- Serve only whole grain options
- Provide meals that are lower in sodium.
- All beverages meet healthy beverages standards

## **SNACKS**

Healthy Snacks should:

- Have a whole grain as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and

The snack should also meet the following nutrient guidelines per serving:

- Calories: 200 calories or less
- Sugar: 35% of weight from total sugars or less
- Sodium: 200 mg of sodium or less
- Fat: 35% of calories from total fat or less
- Saturated Fat: Less than 10% of calories from saturated fat
- Trans Fat: Zero grams of trans fat

## **BEVERAGES**

Healthy Beverages include:

- Plain or carbonated water
- Unflavored 1% milk, non-fat milk, or milk alternatives (e.g. soy or almond milk)
- 100% fruit juice with no added sweeteners, can be diluted with plain or carbonated water
- Low-calorie beverages (including sport drinks) with no more than 60 calories per container

## **VENDING MACHINES**

In order for a Vending Machine to remain accessible during competitions or events, all of the available products should meet the Healthy Snack or Healthy Beverage guidelines above. If this cannot be achieved, Vending Machines should be shut off for the duration of the competition or event.

# Meals and Light Refreshments

## Healthy Standard

### Dietary and Cultural Food Needs

<b>Vegetarian</b>	<b>Vegan</b>	<b>Dairy-free</b>	<b>Gluten-free</b>
<p>Free of meat and meat products.</p> <p>Avoid serving meat products including beef, chicken, pork, seafood.</p> <p>Avoid using broth or serving soups made from animal stock.</p> <p>Serve meat replacements like dry beans (kidney, black, garbanzo), lentils, soy products (tempeh, tofu), nuts, seeds, low sodium dairy products, and eggs.</p> <p>Use low sodium broth made from vegetable stock.</p>	<p>Free of all animal products.</p> <p>Follow the vegetarian diet to avoid meat products.</p> <p>Avoid animal products including eggs, dairy products, honey, and animal gelatin.</p> <p>Serve meat replacements and animal product replacements like soy milk, soy cheese, almond milk, and coconut milk.</p>	<p>Avoid all milk products including milk, half-and-half, whipping cream, coffee cream, ice cream, ice milk, yogurt, frozen yogurt, sherbet, pudding, and custard.</p> <p>Avoid all cheese products including cheese, cottage cheese, cream cheese, and curd.</p> <p>Avoid butter and artificial butter flavor. Only serve margarine that is labeled “dairy-free” or “kosher.”</p> <p>Avoid casein, caseinate, whey, rennet, lactose, lactulose, lactalbumin, and lactoglobulin.</p> <p>Serve dairy replacements including low sodium soy cheese, soy products (tempeh, tofu, milk), rice milk, lactose-free milk, vegan margarine.</p>	<p>Avoid sources of gluten including barley, bran, couscous, flour (wheat and graham), kamut, matzo, pasta, rye, seitan, semolina, spelt, spouted wheat or barley, udon, wheat.</p> <p>Avoid beer, brewer’s yeast, and malt.</p> <p>Avoid hydrolyzed plant and vegetable proteins, and textured vegetable protein.</p> <p>Avoid mono- and di-glycerides, monosodium glutamate (MSG).</p> <p>Avoid coloring, fillers, and spices.</p> <p>Check ingredients for sauces and avoid sauces with gluten including soy sauce and teriyaki sauce.</p>

Fruits and Vegetables without Added Salt, Sugar, or Fat

Fruits and vegetables can easily be incorporated into meals and light refreshments by substituting fruit and vegetables for high-fat, high-sodium, or high-sugar foods. Examples of fruits and vegetables without added salt, sugar, or fat can include:

- Cooked vegetables (steamed, grilled, baked)
- Raw vegetables like carrots, cucumbers, celery, broccoli and cauliflower
  - Adding hummus dip alongside the vegetables for additional flavor, fiber and protein
- Fresh fruit like berries, apples, oranges and bananas
  - Serve with low fat yogurt dip for more flavor and calcium
- Fruit cups with no sugar added

Instead of This	Offer This
	
Side of Garlic Bread	Side of Steamed Broccoli
	
Breakfast Muffin	Banana
	
Chips	Raw Vegetables with Hummus

Foods That Are Low In Fat

- Choose low fat condiment options, such as a low fat mayonnaise
  - Serve all condiments on the side
- When serving pastries, offer reduced-fat or fat-free options.
- Reduced-calorie or fat-free salad dressings, lemon juice, or plain, herb flavored, or wine vinegar
  - Serve all salad dressings on the side

- Light spread margarines, diet margarine, or whipped butter
  - Serve jams and jellies (with no added sugar) on bread and toast, instead of regular margarine or butter
  - Season vegetables with black pepper or other herbs and spices rather than with butter, margarine or rich sauces

Instead of This	Offer This
	
Buttered White Bread	Wheat Bread with Jam
	
Caesar Salad with Dressing	Mixed Greens Salad with Dressing on Side
	
French Fries	Sweet Potato Fries

### Foods that are low in Added Sugars

- Common ingredients to avoid: corn sweetener, Corn syrup, Fructose, Glucose, High-fructose corn syrup, Lactose, Malt syrup, Molasses, sucrose
- Offer fresh fruit as a naturally sweet dessert, rather than cakes or cookies that contain added sugars
- Choose packaged foods that have less or no added sugars, such as unsweetened apple sauce
- Swap sugary cereals for unsweetened cereal with fruit

Instead of This	Offer This
	
Sugary Cereal	Unsweetened Cereal with Fruit
	
Slice of Pie	Fruit Salad

## Healthier Standard

### Whole Grain Rich Options

Whole grain rich options are foods with 51% or more whole grains or foods with whole grain listed as the first ingredient. To offer whole grain rich options, you can include foods such as:

- Whole wheat bagels
- Brown Rice
- Quinoa

Instead of This	Offer This
	
Plain Bagel	Whole Wheat Bagel
	
White Rice	Brown Rice

Low Fat and Non-Dairy Options

- Low fat yogurt, plain or unsweetened
  - For a low fat parfait, include low fat granola and fruit slices
- Choose low or reduced fat cheeses, such as: part skim mozzarella, skim ricotta, reduced calorie cheddar
- Serve 1% or fat free milk
- Include non-dairy options such as soymilk and almond milk
- Use low-fat or nonfat cream cheese

Instead of This	Offer This
	
Whole Milk	1% Milk
	
Creamer for Coffee	Soy Milk for Coffee
	
Flavored Cream Cheese	Low Fat, Plain Cream Cheese

Lean, Low Fat, and Non-Meat Options

- Prepare meats using healthy cooking methods, such as grilled, broiled or baked
- Lean meat options can include: poultry without the skin, fish, turkey bacon, turkey sausage, ground turkey and tofu
- 95 – 97% fat free deli meats should be offered instead of processed deli meats
- Veggie burgers and hot dogs should be offered whenever meat equivalents are offered

Instead of This	Offer This
	
Hamburger	Veggie Burger
	
Chicken Tenders	Grilled Chicken

## Healthiest Standard

### Serve Only Whole Grain Options

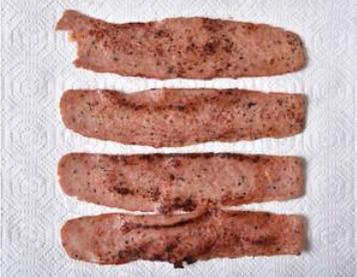
- Brown rice
- Quinoa
- Whole wheat bread
- Whole wheat bagels
- Whole grain ready to eat cereals
- Popcorn

Instead of This	Offer This
	
Corn Flake Cereal	Whole Grain Cereal

	
White Bread	Whole Wheat Bread
	
Potato Chips	Popcorn

Provide Meals That Are Lower In Sodium

- Choose packaged products with no more than 10% of daily value of sodium per serving listed on their food label
- Offer fresh vegetables rather than canned, and any frozen vegetables should not contain salt
- Try using herbs, spices, low-sodium liquids, and salt-free seasonings to add flavor
- Roasted, grilled, broiled, baked, poached or steamed meats and fish are much lower in sodium than salted, cured, deli, or smoked meats and fish
- Choose condiments with no more than 75 mg sodium per serving
  - Serve all condiments on the side

Instead of This	Offer This
	
Canned Green Beans	Steamed Green Beans
	
Bacon	Turkey Bacon

# Snacks

Healthy Snacks should:

- Have a whole grain as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and

The snack should also meet the following nutrient guidelines per serving:

- Calories: 200 calories or less
- Sugar: 35% of weight from total sugars or less
- Sodium: 200 mg of sodium or less
- Fat: 35% of calories from total fat or less
- Saturated Fat: Less than 10% of calories from saturated fat
- Trans Fat: Zero grams of trans fat

There are many resources to help identify healthy snack options:

- <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>
- <https://www.costcobusinessdelivery.com/smart-snacks.html>

Instead of This	Offer This
	
Cookies	Pastry Crisps
	
Cheetos	Veggie Chips
	
Chocolate Bar	Chocolate Granola Bar

# Beverages

Healthy Beverages should be:

- Plain or carbonated water
- Unflavored 1% milk, non-fat milk, or milk alternatives (e.g. soy or almond milk)
- 100% fruit juice with no added sweeteners, can be diluted with plain or carbonated water
- Low-calorie beverages (including sport drinks) with no more than 60 calories per container

Instead of This	Offer This
	
Gatorade	Infused Water
	
Pop	Unsweetened Iced Tea

# Vending Machines

In order for a Vending Machine to remain accessible during competitions or events, all of the available products should meet the Healthy Snack or Healthy Beverage guidelines above. If this cannot be achieved, Vending Machines should be shut off for the duration of the competition or event.

## References

Costco Smart Snacks: <https://www.costcobusinessdelivery.com/smart-snacks.html>

Tools for Schools: Focusing on Smart Snacks: <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

USDA Dietary Guidelines for Americans 2015-2020: <https://health.gov/dietaryguidelines/2015/>

Washington State Department of Health Healthy Nutrition Guidelines:

<https://www.doh.wa.gov/CommunityandEnvironment/WorksiteWellness/HealthyNutritionGuidelines>