

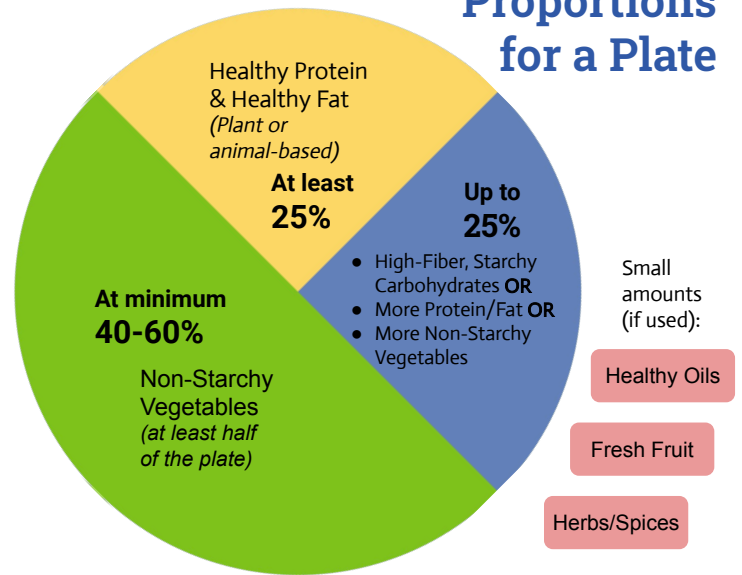
ALL IN Eats & Food as Medicine Nutrition Standards



Good Food
By The People
For The People



Healthy Meal Proportions for a Plate



<p>NON-STARCHY VEGETABLES (approx 1 1/2 - 2 cups per meal)</p>	<p>40-60% of Plate</p>	<p>Dark leafy greens (arugula, collards, kale, chard), artichokes, asparagus, bok choy, bell peppers, broccoli, brussels sprouts, cabbage, cauliflower, celery, cucumbers, green beans, jicama, mushrooms, okra, onion, radishes, tomatoes, cactus/nopales, and more</p> <p>Use this SF Area Seasonal Fruit and Vegetable link to see a list of seasonal produce and additional links to local farmers markets</p>
<p>HIGH-FIBER, STARCHY CARBOHYDRATES (up to 1 cup per meal)</p>	<p>Up to 25% of Plate</p>	<p>Legumes: Chickpeas, lentils, adzuki beans, black beans, peas and more</p> <p>Starchy Vegetables: Sweet potatoes, yucca, parsnips, beets, corn, squash, and more</p> <p>Pseudo Grains (gluten free): Amaranth, buckwheat, quinoa</p> <p>Whole Grains: Brown rice, bulgur, millet, rye, wheatberries, whole barley, whole oats, whole farro, whole-grain (corn, wheat) breads/tortillas/ flours, wild rice</p>
<p>HEALTHY PROTEIN Plant (at least 1 cup) and/or animal-based (at least 4 oz per meal)</p>	<p>At least 25% of Plate Combined Healthy Protein + Healthy Fat</p>	<p>Plant-based: Legumes, non- GMO soybeans (eg. tofu, tempeh, edamame), nuts, and seeds</p> <p>Land animal: Prioritize humanely raised poultry, eggs, lean meat</p> <p>Seafood: Prioritize low mercury, higher omega-3 fatty acid content, such as salmon, anchovies, sardines, herring, mackerel (ATKA and Atlantic mackerel) and more. DO NOT USE King mackerel/Spanish mackerel due to their higher mercury content.</p>
<p>HEALTHY FAT (up to 1 tsp per meal)</p>	<p>At least 25% of Plate Combined Healthy Protein + Healthy Fat</p>	<p>Whole Food Fats: Avocados, olives, and coconut</p> <p>Oils (if used): Cold pressed extra virgin olive oil, avocado oil, non-GMO canola oil</p> <p><i>Healthy fat and protein can also be found in nuts, seeds, seafood, poultry, eggs, lean meat, cheese, full-fat yogurt</i></p>
<p>FRUIT (optional)</p>	<p>Small amounts</p>	<p>Berries (blueberries, blackberries, cherries, strawberries), apples, citrus fruit, grapes, kumquats, melons, peaches, pears, persimmons, pluots, pomegranates, plums, and others</p> <p>Avoid canned fruits</p>

Off-limits

- ❑ No trans fats (per California regulations)
- ❑ No added sugars
- ❑ No processed foods containing added sodium and sugars.
- ❑ No monosodium glutamate or other flavor enhancers

Limit sodium & sugar

- ❑ Limit each adult meal to less than 500 mg sodium, which is 1/4 teaspoon of salt, and the following depending on brand: 1½ teaspoons soy sauce, 1 teaspoon fish sauce, 3 teaspoons coconut aminos, and low sodium bouillon

Food Preparation

- ❑ Eliminate the use of hydrogenated and partially hydrogenated oils for cooking, and eliminate the re-use of oils
- ❑ Reduce the use of frying and fried foods (no more than 10-20% by volume)
- ❑ Offer meals that cater to religious needs (Halal, Kosher)

Food Safety

- ❑ Be diligent about time, temperature controls, and handwashing
- ❑ Deliver hot meals within two hours of final production and cold meals within three hours of final production
- ❑ Label possible allergens, and account for dietary restrictions

Food Sourcing

Vegetables & fruit

- ❑ Prioritize local, regenerative, organic, fresh, and seasonal vegetables/fruit, especially for those on the [Dirty Dozen list](#)
- ❑ If regenerative or organic vegetables/fruit not available, use [Clean Fifteen list](#)
- ❑ Frozen vegetables/fruit are okay if fresh options are not available
- ❑ Select a rainbow of color for vegetables/fruit
- ❑ Minimize canned foods, or choose low sodium items if canned foods are used

Land Animals

- ❑ Prioritize humanely raised with certification by [Animal Welfare Approved](#), [Certified Humane](#), [Global Animal Partnership](#), and [American Humane Certified](#)

Seafood

- ❑ Prioritize smaller fish with low mercury, higher omega-3 fatty acid content by using the [EDF Seafood Selector](#)
- ❑ Eliminate GMO foods, eliminate CRISPR edited foods