

# Nutrition Guidelines

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## Faith-based Communities

The following guidelines and handouts are sample versions. The goal is for the participating faith-based community to establish guidelines that best meet its needs. These materials can be altered to fit the goal and mission of the faith-based community. Throughout the guidelines, *italicized* statements indicate where the faith-based community is able to change the contents to best fit the organization's goals.

# Nutrition Guidelines for Faith-based Communities

## Rationale

Faith-based communities play a vital role in promoting healthy lifestyles among their members<sup>1</sup>. The faith-based communities' nutrition guidelines provide suggestions for the types of food and beverages served at the organization.

## Sample Guidelines

The (name of organization) nutrition guidelines cover *[all before- and after-service gatherings; study groups; youth/adult retreats; fundraisers, including bake sales, bazaars, pancake breakfasts and turkey dinners; and any other meetings or activities where food is present in the (name of organization)]*. All (name of organization) members and volunteers will be informed of the guidelines and *[encouraged/asked]* to follow them. In addition, (name of organization) will provide resources in established areas of the faith community to promote the nutrition guidelines.

## Management

All members of the faith community should be informed of the guidelines through verbal and/or written instruction. The Tool Kit for Faith-based and Neighborhood Organizations can be used as a resource. Each faith-based community periodically should assess the effectiveness of the use of the nutrition guidelines.

### Resources:

Rita Ussatis, Extension Agent  
NDSU Extension Service/Cass County  
1010 2nd Ave. S., Fargo  
(701) 241-5700  
Rita.Ussatis@ndsu.edu

Kim Lipetzky  
Fargo Cass Public Health  
401 3rd Ave. N., Fargo  
(701) 241-8195  
KLipetzky@cityoffargo.com

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<sup>1</sup>U.S. Department of Health and Human Services. "Toolkit for Faith-based & Neighborhood Organizations." Available at [www.hhs.gov/partnerships/resources/Pubs/lets\\_move\\_toolkit.pdf](http://www.hhs.gov/partnerships/resources/Pubs/lets_move_toolkit.pdf)

<sup>2</sup>The National Academies. "Institute of Medicine Recommended Standards". April 23, 2007. Available at [www.iom.edu/~media/Files/Report%20Files/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth/factsheet.pdf](http://www.iom.edu/~media/Files/Report%20Files/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth/factsheet.pdf).

# Healthy Snack Guidance

**Guideline:** Snack items should be 200 **calories** or less per portion as packaged. Children’s snack items should not exceed 150 **calories**.

**Guideline:** Snacks and beverages should meet the following criteria for **dietary fat** per portion as packaged:

- No more than 35 percent of total calories from fat
- Less than 10 percent of total calories from saturated fats
- Zero trans fat

*Exceptions include:* Nuts and seeds are exempt from the total fat (<35 percent) standard; however, they must meet all the above requirements. Any cheeses from reduced- or no-fat milk that meet all other standards are exempt from the total fat (<35 percent) standard.

**Guideline:** Snack items should meet a **sodium** content limit of 240 milligrams (mg) or less per portion as packaged and 480 mg for entrees.

**Guideline:** Snacks and beverages should meet the following criteria for **total sugars** per portion as packaged:

- No more than 35 percent of calories from total sugars

*Exceptions include:*

- 100 percent fruits and fruit juices in all forms without added sugars
- 100 percent vegetables and vegetable juices without added sugars
- Unflavored nonfat and low-fat milk and yogurt
- Flavored nonfat and low-fat milk with no more than 22 grams of total sugars per 8-ounce serving
- Flavored nonfat and low-fat yogurt with no more than 30 grams of total sugars per 8-ounce serving

**Guideline:** Beverages can include:

- 8 ounces low-fat (1 percent), fat-free milk or flavored milk and nutritionally equivalent nondairy alternatives
- Water or carbonated water without added caloric sweeteners
- 6 ounces or less of 100 percent fruit and vegetable juices

## Nutrition Facts

Serving Size 8 oz (227 g/8 oz)

Servings Per Container About 3

### Amount Per Serving

**Calories** 180    Calories from Fat 60

**% Daily Value\***

**Total Fat** 6g    **10 %**

Saturated Fat 1g    **5 %**

Trans Fat 0g

**Cholesterol** 5mg    **2 %**

**Sodium** 75mg    **3 %**

**Total Carbohydrate** 26g    **9 %**

Dietary Fiber 5g    **19 %**

Sugars 11g

**Protein** 8g

Vitamin A 60%    • Vitamin C 70%

Calcium 8%    • Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    • Carbohydrate 4    • Protein 4

# Suggestions for Healthy Snack Items

## Fruits and Vegetables

- Fresh fruits and vegetables
- Dried fruit: ¼ cup
- Raisins or dried cranberries: 1 ounce
- Single-serving canned fruit: ½ cup
- Applesauce, no sugar added: 4 ounces
- 100 percent juice bars and frozen fruit products

✓ *People who make fruits and vegetable part of an overall healthful diet are likely to have a reduced risk of some chronic diseases.<sup>1</sup>*

## Nuts

- Nut mix: about ¼ cup or 1 ounces
- Plain nuts or seeds: ¼ cup

✓ *Eating peanuts and certain tree nuts may reduce the risk of heart disease when consumed as part of a diet that is nutritionally adequate and within calorie needs.<sup>1</sup>*

✓ *Be aware of nut allergies.*

## Beverages

- Water
- Tea
- Milk, any flavor low-fat (1 percent) or fat-free:  
1 cup or 8 ounces
- Calcium-fortified alternative milk products: 1 cup or 8 ounces
- Fruit or vegetable juice containing 100 percent juice: ½ cup or 4 ounces
- Flavored noncaloric water: 1 cup or more
- Sugar-free hot chocolate: 1 cup or 8 ounces

## Grains

- Animal crackers: 8 crackers or 1 ounce
- Graham crackers: 3 (2½-inch) squares
- Whole-grain crackers: 3 to 5 crackers or ½ ounce
- Whole-grain breadstick: 1 ounce
- Mini muffin: 1 muffin
- Vanilla wafers: 5 wafers
- Saltines: 6 squares
- Baked tortilla chips and salsa: 15 to 20 chips, ¼ c. salsa
- Low-fat granola or cereal bars: 1-ounce bar
- Whole-grain fruit bars: 1-ounce bar
- Pretzels: 1 ounce
- Baked chips: 1 ounce
- Rice cakes: 2 (4-inch) cakes
- Bagels: ½ 3-inch bagel or 1 ounce
- Whole-grain lightly sugared dry cereal:  
¾ cup or 1 ounce
- Trail mix: about ¼ cup or 1 ounce
- Fat-free or light popcorn: 3 cups

✓ *Consuming whole grains as part of a healthy diet may reduce the risk of heart disease, promote a healthy digestive system and help with weight management.<sup>1</sup>*

## Dairy

- Yogurt, nonfat, low-fat or light: 6 ounces
- Low-fat cheeses: 1½ ounces
- Low-fat string cheese: 1 stick
- Cottage cheese: 4 ounce

✓ *Dairy products improve bone health and provide nutrients, including calcium, potassium, vitamin D and protein, that are vital for health and maintenance of your body.<sup>1</sup>*

<sup>1</sup>U.S. Department of Agriculture. (2011, June). *Food Groups*. Retrieved from Choose My Plate: [www.choosemyplate.gov/foodgroups/index.html](http://www.choosemyplate.gov/foodgroups/index.html).