

Dr. Karen A. Hacker, Director
Allegheny County Health Department
542 Fourth Avenue
Pittsburgh, PA 15219

Dear Dr. Hacker,

The Cafeteria and the Café on Seven at UPMC Montefiore Hospital would like consideration as a Live Well Allegheny restaurant. Both locations offer many dining choices daily that promote and assist our patrons in selecting healthier choices. The following are a list of programs that we believe meet the criteria for becoming a Live Well Allegheny restaurant:

- Nutritional information is available to the consumer for all locations menu items.
- The Montefiore cafeteria offers UPMC Dining Smart program selections every day. These items include but are not limited to entrees, soups, side dishes and beverages. Literature detailing the program is displayed throughout the cafeteria.
- Half portions are offered when appropriate. All deli sandwiches and wraps are offered as half portions every day and are offered with whole grain bread choices.
- We offer many healthy and nutritious side dish options including composed and whole grain salads, fresh fruits and vegetables.
- Vegetable based oils are solely used throughout the dining areas.
- Low calorie and light dressings are made available in the salad bar and grab and go areas.
- Low calorie milk and sweeteners for hot beverages are available in all dining areas.
- We have reduced the offerings of fountain and bottled sodas throughout the system and offer a variety of fruit and vegetable juices, low calorie milk, teas and both flavored and unflavored bottled water.
- Bicycle storage is available in several locations around the hospital property.
- The department's associates regularly participate in annual campaigns that promote a healthy and active lifestyle. These campaigns include the Race to No Place, UPMC Weight Race and the Walk at Work Day.
- Montefiore Hospital maintains an organic herb garden on site that is utilized by the food and nutrition department.

The Food and Nutrition Department of UPMC Montefiore Hospital is committed to providing healthy, nutritious and high quality service to our guests. We look forward to the opportunity to participate in the Live Well Allegheny program.

Regards,



Timothy L. Rummel

Retail Manager

UPMC Presbyterian Montefiore

Dining Smart

- Supports healthy dining, catering, and vending options in the workplace and community
- Encourages meals that taste good, are made from high-quality ingredients, and follow healthy nutrition guidelines



Nutrition guidelines for Dining Smart selections

Calories

- Hot entrees, salad entrees, and sandwiches have 400 calories or less.
- Soups, side salads, side dishes, snacks, and desserts have 220 calories or less.

Fat

- Items contain no more than 35 percent of calories from fat, **OR** they contribute a significant amount of healthy (unsaturated) fat.

Cholesterol

- Items have little or no cholesterol (100 milligrams or less).

Dining Smart also supports your healthy eating by:

- Encouraging nutritious foods that limit sodium and are a good source of fiber, vitamins, and minerals
- Promoting foods with zero trans fats
- Making healthy beverages available to replace sugary drinks

Take action!

- ✓ Select fiber-rich foods high in antioxidants by choosing from **fresh fruit** and **salad bar** options.
- ✓ Always be careful with **portion sizes**. Eat just enough, but not too much. If a serving size is large, share with someone, or take and refrigerate the extras for another meal or snack later.
- ✓ Eat a variety of foods. Fruits and vegetables in a **variety of colors** - red, orange, yellow, dark green, purple, and white - provide the broadest range of nutrients.
- ✓ Go for **whole grain** bread, rolls, and sides. Whole grains offer more B vitamins, protein, and fiber than refined grains.
- ✓ Check out **calories**. The average person needs about 2,000 calories a day. Your precise calorie needs will vary with age, weight, and activity level.
- ✓ Choose beverages and other items that have **little or no added sugar**. Sugar provides empty calories with no other nutrients. Water is always a good choice. Limit fruit juice (because of natural sugars) to 4-6 oz per day.
- ✓ Beware of **sodium**, and know your limit for the best of health. Use sauces and condiments sparingly as they often contain salt. As you gradually reduce salty foods, your taste buds will adjust.

Less than 1,500 mg sodium per day

Children

Adults 51 years of age or older

African-Americans of any age

Anyone with diabetes, high blood pressure, or chronic kidney disease

Less than 2,300 mg sodium per day

All other adults



Now you're DINING SMART!



Look for the logo to identify healthy soups, salad, entrees, sides, snacks, and desserts.

Vending machine items

Per package, each snack item contains:

- Zero trans fat
- 220 calories or less
- No more than 35 percent of calories from fat
- No more than 100 mg of cholesterol
- No more than 400 mg of sodium

OR

A snack item is Dining Smart quality if it meets three of the above criteria and has at least 10 percent of the daily value of one or more of the following:

- Vitamin A
- Vitamin C
- Calcium
- Fiber

Dining Smart

Choose healthy when eating out



UPMC HEALTH PLAN

U.S. Steel Tower, 600 Grant Street
Pittsburgh, PA 15219

www.upmchealthplan.com

MyHealth



Copyright 2014 UPMC Health Plan, Inc. All rights reserved.
DS TRIFOLD BR 14WP0357 HL (SID) 7/21/14 110 SS
REPRINT 9/19/14 7M SS

