

Executive Order 509: Nutrition Standards for State Agencies

About Executive Order 509:

Executive Order 509 (EO 509), *Establishing Nutrition Standards for Food Purchased and Served by State Agencies*, is a component of Mass in Motion, a statewide wellness initiative. **EO 509 requires certain state agencies within the Executive Department (see “Mandated Agencies” below) to follow nutrition standards developed by the Department of Public Health when purchasing and providing food and beverages, whether directly or through contract, to agency clients/patients.**

The Massachusetts nutrition standards were adapted from New York City and reflect the Dietary Guidelines for Healthy Americans. The standards apply to new contracts starting after July 1, 2009.

The goal of EO 509 is to improve the health of individuals served by state agencies.

Mandated Agencies:

The EO 509 nutrition standards apply to 9 state agencies under the Executive Branch defined as Procurement Level III:

- » Department of Children and Families
- » Department of Corrections
- » Department of Developmental Services
- » Department of Mental Health
- » Department of Youth Services
- » Executive Office of Elder Affairs
- » Public Health Hospitals
- » Sheriff's Department
- » Department of Veteran Affairs

Resources:

EO 509 Resources are available online. You can find the following at: www.mass.gov/dph/foodstandards

- » EO 509 Nutrition Standards
- » EO 509 Questions and Answers
- » Healthy Eating and Nutrition Resources Online
- » Audio and Video Clips for Preparing Healthy Meals

For more information on EO 509, contact Cynthia Bayerl at: Cynthia.Bayerl@state.ma.us

Mass in Motion:



Mass in Motion is a statewide movement that promotes opportunities for healthy eating and active living in the places people live, learn, work and play. www.mass.gov/massinmotion

Serve Healthy Snacks

For healthy snacks, choose fruits and vegetables, low fat yogurt and cheese, beans and nuts, and whole grains such as whole wheat crackers and popcorn.

Unhealthy Choice



Snacks high in sugar and fat



Pastries



Fruit in syrup

Healthier Choice



Mini rice cakes



Whole-wheat crackers



Fruit in its own juice

Healthiest Choice



Air-popped popcorn



Hummus



Fresh fruit

Serve Healthy Drinks

Choose healthy drinks without added sugar, such as 100% fruit juice, diet sodas, seltzer or water.

Unhealthy Choice



Juice pouches



Regular soda



Whole milk

Healthier Choice



100% fruit juice



Diet soda



2% milk

Healthiest Choice



Water



Seltzer with no added sugars, sweeteners or artificial sweeteners



Skim or 1% milk

Read Nutrition Facts Labels

The Nutrition Facts Label is based on a daily diet of 2,000 calories. The amount of calories you need each day depends on your gender, age, and level of physical activity.

Start here

Notice what one serving is. The container or bag may have more than 1 serving.

Check total calories

Look at serving size to see how many servings you're consuming. If you eat double the amount of servings, you eat double the amount of calories.

Limit these

Eating too much saturated and trans fat can lead to heart disease. Too much sodium can increase your blood pressure. Choose foods with a Daily Value of 5% or less of these nutrients.

Get enough of these

Choosing foods with a high % Daily Value (20% or higher) of Vitamin A, C, calcium, iron and fiber will keep you on a healthy diet.

Quick Guide to Percent (%) DV

The % DV sections tells you the % of each nutrient per serving, based on how much you need each day. Choose foods with a high % of healthy nutrients (such as fiber and protein) and a low % of unhealthy nutrients (such as trans fat, cholesterol and sodium).

Start here

Check the total calories per serving

Limit these nutrients

Get enough of these nutrients

Quick Guide to % Daily Value:
5% or less is low,
20% or more is high

Nutrition Facts

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

Calories 160 Calories from Fat 90

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

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

Know Your Serving Sizes

Recommended Daily Servings based on 2,000 calories a day:

Fruits & Veggies

7-10 servings per day



= 1 fruit or veggie



= 1/2 cup canned fruit



= 1 cup of salad

Grain Products

5-7 servings per day



= 1/2 cup of pasta or cereal



= 1 slice of whole wheat bread



= 1 cup whole wheat flakes

Meat & Protein

2-3 servings per day



= 1 chicken breast



= 2 small eggs or 1 large egg



= 1/2 cup cooked beans

Milk & Dairy

2-3 servings per day



= 3/4 cup of yogurt



= 1 ounce of cheese



= 1 cup of milk

Fats & Oils

2-3 tablespoons per day



= 1 tsp olive oil



= 2 tbsp peanut butter

Choose Foods with Fiber

Eating foods high in fiber keeps you feeling full longer. Choose foods with more fiber.

Less Fiber



Fruit juice



White bread and pasta



White rice

More Fiber



Fresh or frozen vegetables



Whole grain breads and pasta



Brown rice

Reduce Salt

Salt, also called sodium, can lead to heart attack and stroke. Many processed foods and restaurant meals contain a lot of sodium. Use less salt and choose fewer processed foods.

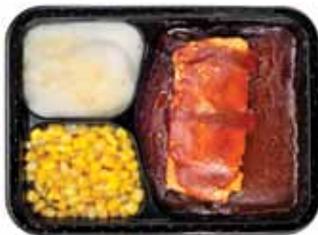
Unhealthy Choice



Pre-packaged meat



Salt



Heat and serve or fast food meals

Healthiest Choice



Fresh, skinless meat



Herbs & spices



Meals made from scratch

Using Spices & Herbs

Spices and herbs can not only make soups and meals taste much better, they can also help reduce salt. Don't be afraid to experiment! Use lots of different spices while cooking. Here's a tip: add spices to cooking oil before adding the food – it will help enhance the flavor!

Seasonings to Use with Meats and Other Proteins:

Beef	Basil, bay leaf, black pepper, cayenne, cumin, curry powder, dry mustard powder, garlic, green pepper, lemongrass, onion, oregano, rosemary, sage, thyme
Fish	Bay leaf, cayenne, curry powder, celery seed, chives, dill, fennel, lemongrass, lemon zest, marjoram, mint, dry mustard powder, onion, paprika, parsley, red pepper, saffron, sage, sesame seed, tarragon, thyme, turmeric
Lamb	Basil, cinnamon, cumin, curry powder, garlic, marjoram, mint, onion, oregano, rosemary, sage, savory, sesame seed, thyme
Chicken or Turkey	Basil, bay leaf, cilantro, cinnamon, curry powder, garlic, lemongrass, mace, marjoram, mint, onion, paprika, parsley, rosemary, sage, saffron, savory, tarragon, thyme
Pork	Allspice, caraway, celery seed, cloves, coriander, fennel, ginger, juniper berries, mint, dry mustard powder, paprika, sage, savory
Veal	Bay leaf, black pepper, curry powder, dill, ginger, lemon, marjoram, mint, oregano, paprika, parsley, saffron, sage, tarragon
Eggs	Basil, chives, curry powder, dry mustard powder, green or red pepper, paprika, parsley, tarragon
Cheese	Chives, nutmeg, oregano, red pepper, sage, tarragon, thyme

Suggested Spices & Herb Uses

Allspice	Chicken, turkey, stews, soups, tomatoes, peaches, low fat gravies and sauces.
Bay Leaf	Chicken, turkey, beef, fish, veal, soups, stews, tomatoes
Chives	Salads, sauces, soups, lean meat dishes, vegetables, cheese
Cinnamon	Fruits (especially apples), breads, applesauce, squash
Curry powder	Chicken, beef, fish, lamb, eggs, veal, tomato soup, low fat or fat free mayonnaise
Dill	Fish, fish sauces, veal, soups, vegetables, potatoes, salads, macaroni
Garlic	Lean meats, fish, veal, stews, soups, salads, vegetables, potatoes, sauces
Ginger	Chicken, veal, vegetables, fruits
Mace	Veal, lamb, hot breads, apples, fruit salads, carrots, cauliflower, squash, potatoes
Nutmeg	Cheese, chicken, fish, lean meats, toast, pudding, fruits, potatoes
Onion Powder	Chicken, fish, lean meats, vegetables, dips, low fat sauces, soups, salads
Oregano	Beef, lamb, chicken, veal, cheese, tomato sauce, vegetable
Paprika	Fish, chicken, pork, eggs, soups, salads, low fat sauces, vegetables
Parsley	Beef, chicken, veal, fish, soups, salads, tomato sauce, low fat sauces, vegetables
Sage	Beef, fish, chicken, pork, veal, cheese, biscuits, green beans, lima beans, onions
Savory	Lean ground meats, pork, salads, soups, green beans, squash, lima beans, peas
Thyme	Veal, pork, chicken, fish, low fat sauces, soups, onions, peas, salads, tomatoes, cheese
Turmeric	Fish, lean meats, low fat sauces, rice

Not All Fats Are Bad!

While it's important to avoid unhealthy trans fats and saturated fats, having small amounts of healthy fats is good for our health.

Healthy Fats

**Healthiest
Choice**

Vegetable Oils

- » olive
- » canola
- » peanut
- » sesame



Fish

- » salmon
- » mackerel
- » herring
- » Atlantic char



Nuts

- » almonds
- » peanuts
- » walnuts
- » sunflower seeds



Other foods that contain heart-healthy oils are flaxseeds, flax oils, nut butters and avocados. These foods are high in calories, so limit the amount you eat.

Unhealthy Fats

**Unhealthy
Choice**

Trans Fats

(or "partially hydrogenated oil")

- » baked goods (cakes & cookies)
- » snack foods (crackers & chips)
- » fried foods (french fries & chicken fingers)



Saturated Fat

Found in animal products

- » beef
- » lamb
- » chicken or turkey skin
- » lard or butter



5 Tips for Choosing Healthy Fats

Unhealthy Choice

Stay away from trans fats

- » Limit french fries, biscuits, and other fried or baked goods.
- » Stay away from foods with “partially hydrogenated” oils or shortenings listed under the ingredients.



Healthiest Choice

Use liquid vegetable oils for cooking

- » Use olive or canola oil instead of butter when baking.
- » Dress up a salad with an oil-based vinaigrette dressing.



Healthiest Choice

Eat these types of fish at least 2 times a week

- » Serve Salmon, Mackerel, Atlantic Char and Herring – these fish have healthy fats (polyunsaturated) that help your heart stay healthy.
- » Prepare Cod, Flounder, Haddock, Halibut, Grouper and Mahi-Mahi – these fish have less than 2% fat.



Healthiest Choice

Eat lean meats and choose low fat or fat free dairy

- » Choose skim or low fat milk and dairy products (such as low fat cheese or yogurt).
- » Look for beef that is at least 85% fat free; or select skinless chicken or turkey to lower your intake of unhealthy saturated fat.

