

*This document outlines standards for cafeterias and cafés, with the goal of improving the health of all New Yorkers. The New York City (NYC) Food Standards, under which the Standards for Cafeterias and Cafés fall, aim to support healthy and sustainable food service practices. Standards related to these priorities are included throughout this document and reflect the interrelated nature of promoting individual, community and planetary health. Private businesses, hospitals, higher education campuses and other organizations can voluntarily adopt the Standards for Cafeterias and Cafés.*

## Fruits and Vegetables

1. At least four different types of fresh fruit must be offered daily.
2. Leafy green salads and at least one vinegar-based salad dressing that contains less than or equal to ( $\leq$ ) 290 milligrams (mg) of sodium per serving must be offered daily.
3. At least one seasonal, regional or local produce item must be offered daily.

## Sandwiches, Salads and Entrees

4. All sandwiches, salads and entrees offered must contain  $\leq$  700 calories.
5. At least 75% of sandwiches, salads and entrees offered must contain  $\leq$  600 mg of sodium.
6. At least 75% of sandwiches, salads and entrees offered must contain  $<$  10% of total calories from saturated fat.
7. At least 75% of sandwiches, salads and entrees offered must contain  $<$  10% of total calories from added sugar.
8. At least half of all sandwiches, salads and entrees must be served or made, when applicable, with whole grains (for example, whole-wheat bread or pasta, or brown rice).
  - | Recommend all grains served be whole grain.
9. At least one vegetarian option that features a whole or minimally processed plant-based protein (for example, beans, lentils, peas, nuts, edamame or tofu) must be offered at each station.
10. At least two sandwiches or entrees that feature a whole or minimally processed plant-based protein and do not contain animal products must be offered daily.
11. At least 90% of sandwiches, salads and entrees offered must not contain processed meat.
  - | Recommend processed meat be phased out.
12. At least 75% of sandwiches, salads and entrees offered must not contain beef.
13. At least 90% of sandwiches, salads and entrees offered must not contain dairy as the primary protein.
14. Seafood must be offered as an entree at least twice per week (with at least one serving containing heart-healthy oils) and prepared using a healthy cooking method.

## Soups and Sides

15. At least two types of vegetables (steamed, baked, roasted or grilled) that contain  $\leq$  200 mg of sodium must be offered daily.
16. All soups offered must contain  $\leq$  480 mg of sodium per 8 ounces (oz).

## Breakfast Breads, Desserts and Snacks

17. At least 75% of breakfast breads offered must contain  $\leq 300$  calories,  $\leq 290$  mg of sodium and  $< 8$  grams (g) of added sugar.
18. At least 75% of desserts offered must contain  $\leq 200$  calories.
19. All prepackaged snacks offered must contain  $\leq 200$  calories,  $\leq 200$  mg of sodium,  $\leq 2$  g of saturated fat and  $< 5$  g of added sugar per package.<sup>1</sup>
20. At least 25% of prepackaged snacks offered must list whole or minimally processed fruit, vegetables, beans, lentils, peas, nuts or seeds as the first ingredient<sup>2</sup> and contain no artificial colors or flavors or low- or no-calorie sweeteners.

## Cooking Methods

21. Foods must not be deep-fried.

## Beverages

22. Water must be offered at no cost.
23. All beverages offered must contain  $\leq 24$  calories per 8 oz and no added sugar.<sup>3</sup>
24. All juice offered must be 100% fruit juice and served in a 12-ounce or smaller container.

## Placement, Promotion and Pricing

25. Only the following foods and beverages may be stocked at cash registers:
  - | Prepackaged snacks that contain only nuts, nut butter, seeds, or dried fruit or vegetables (may also contain seasoning or flavoring)
  - | Fresh fruit or vegetables
  - | Water, seltzer or beverages that contain  $\leq 24$  calories per 8 oz and no added sugar
26. Advertisements and promotional materials (including promotions that are part of value meals) must be of healthy foods, water or unflavored seltzer only.
27. Calorie information must be posted for items that do not have a Nutrition Facts label.
28. At least one value meal, if value meals are offered, must:
  - | Feature a whole or minimally processed plant-based protein, fresh fruit or nonstarchy vegetable, and water
  - | Contain  $\leq 700$  calories,  $\leq 600$  mg of sodium,  $< 10\%$  of calories from saturated fat and  $< 10\%$  of calories from added sugar
  - | Be priced lower than other value meals
29. Half-sized sandwiches must be offered at half the price of full-sized sandwiches.
30. Customer feedback regarding cultural preferences, taste and food quality must be solicited annually. Results must be considered when planning menus.

Commit to the Coolfood Pledge to reduce the climate impact of the food your organization serves.<sup>4</sup>

For more information, visit [nyc.gov/health](https://nyc.gov/health) and search for **NYC Food Standards**, or contact [nycfoodstandards@health.nyc.gov](mailto:nycfoodstandards@health.nyc.gov).

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<sup>1</sup>Snacks that contain only nuts, nut butter or seeds may contain  $\leq 250$  calories. Grain- and potato-based snacks must contain greater than or equal to ( $\geq$ ) 2 g of fiber.

<sup>2</sup>Corn, potatoes, or fruit purees or concentrates cannot be listed as the first ingredient.

<sup>3</sup>Nonfat and 1% milk with no added sweeteners, soy milk that contains  $\leq 9$  g of total sugar per 8 oz, and 100% fruit juice are exempt from this standard.

<sup>4</sup>Available at [coolfood.org/pledge](https://coolfood.org/pledge).