

Your Meals Are Healthier for You and the Planet

Meals and snacks served at public schools, older adult centers, shelters, child care centers, correctional facilities, public hospitals and other City programs are healthier and more sustainable now due to the New York City (NYC) Food Standards. The NYC Food Standards set nutrition requirements for all meals and snacks purchased and served by NYC.

Meals and snacks	What makes these meals and snacks	Why is this important?
More fruits and vegetables	At least two fruits and vegetables are served at both lunch and dinner.	Fruits and vegetables contain vitamins, minerals and fiber that keep you healthy and may reduce the risk of heart disease.
More whole grains	At least half of all grains served are whole grains (such as whole-wheat bread or brown rice).	The fiber in whole grains can help reduce the risk of heart disease.
More plant proteins	Whole and minimally-processed plant proteins (such as beans, lentils, peas, nuts, seeds or tofu) are served at least once per week at lunch and at dinner.	Plant proteins are low in saturated fat and provide plenty of protein, fiber and other nutrients that support general health. Choosing plant proteins more often than animal proteins may help create a healthier planet by lowering greenhouse gas emissions.
Less beef	Beef is limited to one serving at lunch and one serving at dinner each week.	Beef can be high in saturated fat, which is linked to heart disease. Beef production is a large contributor to greenhouse gas emissions, which harm the planet.
Less processed meat	Processed meat (such as breakfast sausage, bacon, hot dogs or deli meat) is limited and will be phased out by 2025.	Processed meat is linked to cancer.
Less salt	Foods such as bread, sauces, and canned beans and vegetables contain a limited amount of salt.	Too much sodium increases the risk of high blood pressure, heart disease and stroke.
Less added sugar	Cereals, yogurts, baked goods and other foods are reduced in added sugars, which are sugars that are put in when foods are processed.	Added sugar intake is associated with increased risk of type 2 diabetes, hypertension, stroke, heart disease and cavities.
Healthier beverages	Water is available at all meals. 100% juice is limited to one 6-ounce serving per day.	Choosing water and limiting 100% juice is one way to limit high-calorie drinks while staying hydrated.

To learn more and read the full NYC Food Standards, visit nyc.gov/health and search for **NYC Food Standards**.