

Cafeteria Audit *Appendix A*

The following list of cafeteria offerings, organized by the stations usually found in workplace cafeterias, provides a guideline for healthy choices. Determine your company's rating by scoring one point for every item offered daily in your cafeteria. It should take about 15 minutes to complete this audit.

0-40 Needs Improvement – attempt to achieve the next level within the next 6 months

41-80 Doing well, keep going and strive to achieve the next level within the next 6 months

81-125 Congratulations on having a Healthy Cafeteria!

Note: At all stations, make sure that serving sizes reflect healthy portion sizes.

Beverages

- Sugar-free options
- Low-fat milk
- Fat-free milk
- Decaffeinated tea and coffee
- 100% fruit/vegetable juices
- Bottled spring or sparkling water containing no sugar
- Coffee/tea creamers of skim milk, low-fat milk, or reduced fat half & half

Breakfast

- Egg substitute/egg whites
- Vegetables to add to omelettes
- Unsweetened whole grain cereals
- Whole grain waffles
- Bran cereals (low added sugar)
- Bran muffins (no trans fat)
- Whole grain breads or muffins (no trans fat)
- Small/mini muffins (no trans fat)
- Fat-free/low-fat yogurt
- Fresh fruit salad
- Fresh fruit, whole
- Berry topping
- Oatmeal (unsweetened)
- Granola or cereal bars (low fat)
- Bagels (3" diameter or less; half bagels available)
- Low-fat cream cheese
- Sugar-free jam/preserves
- Trans fat-free margarine
- Lean ham
- Lean sausage
- Low-fat cottage cheese

Desserts

- Fresh fruit, fruit salads
- Sugar-free jello
- Lite whipped cream, no trans fats
- Low-calorie alternatives/smaller portions (no trans fats)
- Low-fat or fat-free frozen yogurt
- Sorbet
- Low-fat cookies

Grill

- Fish
- Lean meat (turkey, lean cuts)
- Low-fat cheese
- Low-fat veggie burgers
- Boiled/poached options
- Chicken breast
- Vegetable toppings
- Whole grain buns

Hot Entrées

- Low sodium (<1,000 mg)
- Low cholesterol
- Low fat (<30% calories from fat)
- Option: replace unhealthy side dishes with healthier alternatives
- Non-buttered items (veggies, whole grain rolls)
- Vegetarian options
- Non-cream-based sauces (tomato, olive oil and garlic alternatives)

Pasta/Stir Fry

- Whole wheat pasta/brown rice
- Non-oil/butter spray and fat-free bouillon for sautéing
- Low-fat sauces with healthy oils (e.g., sesame, olive oil)
- Low-sodium sauces
- Half portions with side of salad or vegetables for pasta/rice dishes

Salad Bar

- Whole grain breads
- Fresh selection of deep-colored vegetables
- Spinach
- Romaine lettuce
- Raisins
- Almonds, walnuts, sunflower seeds and/or soy nuts
- Low-fat, trans fat-free dressing/sour cream
- Oil and vinegar
- Salsa
- Raw vegetable salads marinated in fat-free/low-fat dressing
- Pasta, rice, tofu and vegetable salads with fat-free/low-fat dressing
- Lean protein toppings (boiled egg, meat, fish)
- Low-fat cheese, cottage cheese
- Fresh fruit and fruit salads
- Cooked legumes

Sandwich/Pizza

- Lean meats (turkey, chicken)
- Low-fat chicken/tuna/egg salad
- Low-fat cheese
- Tofu, hummus
- 100% whole grain bread, rolls and tortillas
- Fresh vegetable toppings
- Low-fat spreads, low-fat mayonnaise, variety of mustards, salsa
- Healthy sides: fresh vegetable sticks, low-fat chips/tortillas
- Whole wheat pizza with vegetarian toppings

Soup Bar

- Low-sodium options
- Vegetarian options
- Broth-based, low fat
- Non-cream based (vegetable puree or skim milk)
- Low-fat, whole grain crackers/breads

To Go

- Pre-made salads with low-fat dressing
- Pre-made sandwiches (lean meat, no condiments, low-fat cheese)
- Whole grain baked chips/pretzels/tortilla chips/whole grain crackers
- Fruit
- Low-fat yogurt
- Low-fat cheese
- Fresh vegetables and low-fat dip
- Containers for people to carry out food that they have prepared

Customer Service

- Half portions available upon request
- Vegan/vegetarian options
- Lower sodium seasonings
- Healthier substitutions available upon request

Health Education

- Healthy cooking demonstrations
- Lunch & Learns re: healthful food offerings
- Table tents
- Posters
- Brochures
- Displays of recommended portion sizes
- E-mails advertising healthy menu options each week
- Signage clearly indicating where healthful options may be found
- Calorie labeling on all entrées and desserts

Incentives

- Sponsorship of weight management program (e.g., Weight Watchers)
- Buy 10, get 1 free campaigns (healthy options only)
- Coupons for healthier choices
- Differential pricing, lower cost for healthier items
- Cash or other incentives for participating in healthy eating program/achieving healthy eating goals
- Discount for enrollment in weight management service/fitness program