



# CNMI HEALTHY RESTAURANT PROGRAM

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**MAKING THE HEALTHY CHOICE THE EASY CHOICE**





# BIBA Healthy Restaurant Program

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## BIBA Healthy Restaurant Program

### What is the BIBA Healthy Restaurant Program?

**BIBA Healthy Restaurant Program Mission:** To make the healthy choice the easy choice at CNMI restaurants.


*“Being able to make healthy food choices is dependent on what is available, what can be afforded, cultural practices and the relevant knowledge.”*

-WHO Regional Office for the Western Pacific

In order to promote health in CNMI communities, the CNMI Nutrition Council and the Commonwealth Healthcare Corporation strive to ensure access to healthy food and beverage choices from CNMI restaurants and caterers. Through this partnership, we developed nutrition guidelines for restaurants and caterers to ensure healthy choices are available for CNMI families when eating outside the home. The guidelines are designed in support of the Dietary Guidelines for Americans, the World Health Organization’s Dietary Recommendations, and the American Heart Association’s Diet Recommendations with a desire to offer food and beverage menu options that:

- ✦ Include more fruit and vegetables, whole grains, and high-fiber foods
- ✦ Encourage the use of locally-grown or produced foods
- ✦ Emphasize whole and fresh ingredients, prepared with less sodium and sugar, and fewer processed and pre-packaged items
- ✦ Prepare foods with healthy fats, less saturated fat and no trans fats
- ✦ Use lean sources of protein
- ✦ Provide healthy portion sizes (small to moderate)

Restaurants and caterers must meet all requirements listed in the application to be registered with the “Biba” Healthy Restaurant Program. Once you are approved, you will be provided with a toolkit that includes:

- ✦ Electronic “BIBA” logo  to identify “Biba” items on menus and other restaurant promotions
- ✦ Printed promotional materials, including menu stickers, posters, table tents
- ✦ Marketing strategies to promote your Biba menu items
- ✦ Restaurant logo and name inclusion in all Biba health restaurant program advertising and marketing



## BIBA Healthy Restaurant Program

### Getting Started

1. Fill out this application as best you can **OR** send an email to [bibamenu@gmail.com](mailto:bibamenu@gmail.com) to set up a meeting for help completing the application.
2. Include a copy of your current restaurant menu via email or in-person with the completed application or direct us to an online menu on your website.
3. Also include the recipe for each of the menu items that you think meet the nutritional criteria for a BIBA menu item. We recognize that the food you serve is important to you, and that you do not want to give out the trade secrets of your business, therefore, you do not need to include the instructions for HOW to make a menu item. You may include only a list of ingredients used to make the meal and the approximate amounts of each ingredient so we can review the nutritional value of the meal.

*Once we receive your application, we will review your menu and contact you for follow-up.*

***If you do not currently meet one or more of the requirements, we can help! Fill out the application and we will work with you.***

**For questions or assistance:**

Please do not hesitate to contact [bibamenu@gmail.com](mailto:bibamenu@gmail.com) to set up an appointment.

*Intentionally Blank*



## BIBA Healthy Restaurant Program

# Restaurant Application

Name of Restaurant	
Name of Contact Person	
Mailing Address	
City ST ZIP Code	
Describe the Physical Location of this Establishment	
Phone	
E-Mail Address	
Website Address	
Is your restaurant menu posted online?	
Which food distributors or suppliers do you use for most of your standard items?	

Please answer the following questions about your restaurant

Food service operations are encouraged to participate in both the Biba Healthy Catering and Healthy Restaurant programs, provided they offer both of these services. Please check the box below if your restaurant also provides catering service.

- My restaurant also offers catering and we would like more information about the Biba Healthy Catering program as well.

### Related CNMI Laws

Is your restaurant in good standing with the Bureau of Environmental Health regulations with a valid and posted health permit?

- YES  
 NO, because:

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Is your restaurant fully compliant with Public Law 16-46, the "Smoke-Free Air Act of 2008"?

- YES  
 I don't know. I would like help from the BIBA program to make sure my business is compliant with the law.



## BIBA Healthy Restaurant Program

Select one of these options for submitting your Biba menu items.

- I do not know if my menu currently meets these guidelines. I would like assistance from the program to complete my application. I have attached a copy of my menu to this application.
- I think the following menu items meet the nutritional criteria for inclusion in the BIBA healthy restaurant program. The list of ingredients for each of these items, and a copy of the menu is attached. (If you think there may be more menu items that fit within the nutritional requirements, circle them on the menu copy.)

- |                    |  |
|--------------------|--|
| ➤ Entrée: _____    | If you offer a separate children's menu: |
| ➤ Entrée: _____    | ➤ Children's _____                       |
| ➤ Side Dish: _____ | ➤ Children's _____                       |
| ➤ Side Dish: _____ |  |

Does your restaurant have access to nutritional analysis for your menu items?

- YES, we use \_\_\_\_\_ for nutritional analysis
- NO

What type of advertising does your restaurant do now? (Check all that apply)



- We don't really advertise
- Social media (Facebook, Instagram etc.)
- Newspaper
- Television Commercials
- Radio
- Other \_\_\_\_\_

Return the completed application and <u>copy of your current menu</u>	
Via email to: <a href="mailto:bibamenu@gmail.com">bibamenu@gmail.com</a>	OR, drop off a printed copy to any employee of the Non-Communicable Disease Bureau of the Division of Public Health (CHCC) Office Hours: 7:30-4:30, M-F Phone: 670.236.8917



## BIBA Restaurant Program

### Biba Healthy Restaurant Core Requirements

- ✓ Offer at least **two** (or 1/3 of menu, whichever is fewer) entrées or meals that meet the regular meal criteria for “BIBA” entrees listed in the appendix.
- ✓ Offer at least **two** (or 1/3 of side dishes, whichever is fewer), side dishes meet the side dish criteria for “BIBA” side dishes listed in the appendix. One of these side dishes is offered as the default side dish for all combo meals or meals that include a side dish, but customers may have the option of requesting an alternative side dish.
- ✓ If offering a separate “children’s menu”, at least **two** (or 1/3 of meals offered) meet the children’s meal criteria for “BIBA” children’s meals listed in the appendix.
- ✓ If no “children’s menu” is provided, offer half portions of the Biba entrees or meals.
- ✓ Pledge to mark the same recipe that was approved by the program with the logo,  and substitute only nutritionally similar ingredients when necessary due to availability.
- ✓ Meet the following guidelines for beverages:
  - Water is offered at no charge to all customers. (For counter-service restaurants, water should be provided in a self-service area. For table-service restaurants, water can be served at the table by the server.)
  - If the restaurant offers soda or other sweetened beverages in single servings, the serving size of 12 ounces or smaller is used as the default serving size.
- ✓ Provide a 100-percent smoke-free environment, including the area within 25 feet of outdoor eating areas.
- ✓ Identify “BIBA” healthy meals on the menu using the designated logo  (Free materials, such as menu stickers, will be provided to participating restaurants)
- ✓ Use appropriate methodology for determining nutrient levels in foods. Free assistance to analysis nutritional value of meals is provided through the Biba Healthy Restaurant Program. Meal analyses can be done easily at <https://www.supertracker.usda.gov/myrecipe.aspx>
- ✓ Make the BIBA factsheet about project standards available to customers. This factsheet will be provided by the Biba Healthy Restaurant Program.
- ✓ Remove all high-sodium condiments and sweeteners from the table including soy sauce, salt shakers and sugar packets. These items may be made available upon customer request.
- ✓ Not charge customers extra or prohibit customers from splitting a meal
- ✓ Allow “BIBA” program staff to collect data and customer feedback on the healthy menu changes.

**AND**



## BIBA Restaurant Program

### Each Participating Restaurant Chooses (✓) ONE “Commitment to Health”

**Healthy Advertising:** Feature healthy menu items on a flyer or in radio, television, print, or in-store marketing on a regular basis (at least monthly).

**Eliminate Sugary Beverages from the Menu:** Replace all sugar-sweetened or artificially-sweetened beverage options with beverages that do not contain added sweeteners such as tea, juice or infused water.

**Cooking classes:** Offer at least two free cooking classes per year for community members. The dish(es) taught in each cooking class must meet the nutritional criteria for participation in this program.

**Reduce Waste:** Provide plastic straws only upon request, use reusable eat-in utensils and serving dishes, provide 100% biodegradable packaging for take-out items, and encourage customers to bring in their own reusable containers for take-out.

**Doggy-bag:** Offer the option of being served half of a patron’s meal in-restaurant with the other half packaged in a biodegradable take-out container (doggy bag).

**Default to Healthy Sides:** All default side-dishes are a non-fried vegetable, sweet potato or fruit dish. For example, a sandwich would come with a baked sweet potato or a salad as the default option. The restaurant may allow the patron to request a trade-out for fries, chips, rice etc.

**Default Whole Grain:** Serve whole grain options as the default when any grains are offered (including rice).

**Half-Size, Half-Off:** Offer smaller portions or half sizes of at least ½ of all regular meals at a cost that is proportional to that of the original size.

**Employee Access to Health Care:** Offer health insurance coverage to full-time employees of Restaurant.





## BIBA Restaurant Program

# Appendix

*These guidelines and definitions have been developed using food and nutrition guidelines set forth by the United States Department of Agriculture, American Diabetes Association, American Heart Association and Whole Grains Council with input from CNMI Registered Dietitians and community partners of the BIBA Healthy Restaurant Program.*

### BIBA Food Requirements

#### “BIBA” Regular Meal Criteria:

*2 entrees (or 1/3 of meals offered, whichever is fewer) must meet the following nutritional standards:*

- ✓ **Calories:** 750 (maximum)
- ✓ **Fruits or vegetables<sup>1</sup>:** Two servings (minimum), non-fried
- ✓ **Grains, if included:** At least half must be whole-grain<sup>2</sup>
- ✓ **Proteins, if included:** Must be a healthy protein<sup>3</sup> prepared using the healthy preparation guidelines<sup>4</sup>
- ✓ **Dairy, if included:** Milk and yogurt must be low-fat or fat-free. Cheese must fall within the saturated fat limit.
- ✓ No more than 10 percent of calories from “free sugars”<sup>5</sup>
- ✓ No more than 30 percent of calories from fats\*
- ✓ No more than 7 percent of calories from saturated fat\*
- ✓ No more than 750 mg of sodium
- ✓ Zero trans fat
- ✓ Zero Monosodium Glutamate (“MSG”) or AJINOMOTO\*\*

#### Side Dishes Criteria (if applicable):

- ✓ **Calories:** 250 (maximum)
- ✓ Must meet at least one of the following standards:
  - One serving of non-fried fruits and/or vegetables<sup>1</sup>
  - One serving of whole-grain<sup>2</sup>
  - One serving of healthy protein<sup>3</sup> or low-fat dairy; AND
- ✓ No more than 30 percent of calories from fat
- ✓ No more than 7 percent of calories from saturated fat
- ✓ No more than 230 mg of sodium
- ✓ No more than 10 percent of total calories from “free sugars”<sup>5</sup>
- ✓ Zero trans fat
- ✓ Zero MSG or AJINOMOTO



## BIBA Restaurant Program

### Children's Meals Criteria:

*If your restaurant offers a separate children's menu, 2 entrees (or 1/3 of meals offered, whichever is fewer) must meet the following nutritional standards:*

- ✓ **Calories:** 600 (maximum)
- ✓ **Fruits or vegetables<sup>1</sup>:** Two servings (minimum), non-fried
- ✓ **Grains, if included:** At least half must be whole-grain<sup>2</sup>
- ✓ **Proteins, if included:** Must be a healthy protein<sup>3</sup> prepared following healthy guidelines<sup>4</sup>
- ✓ **Dairy, if included:** Milk and yogurt must be low-fat or fat-free. Cheese must fall within the saturated fat limit.
  
- ✓ No more than 10 percent of calories from "free sugars"<sup>5</sup>
- ✓ No more than 30 percent of calories from fat\*
- ✓ No more than 7 percent of calories from saturated fat\*
- ✓ No more than 600 mg of sodium
- ✓ Zero trans fat
- ✓ Zero MSG or AJINOMOTO\*\*

\*Exceptions will be made on a case-by-case basis for fats that can provide health benefits such as liquid mono- and polyunsaturated fats from olive oil, coconut oil, nuts, seeds, avocado and fatty fish. These exceptions will be approved by a registered dietitian.

\*\* MSG cannot be added to "healthy" meals at the restaurant AND pre-packaged ingredients used for healthy meals must not include "Monosodium Glutamate" or "MSG" in the ingredient panel. (For more information on MSG, see the MSG factsheet) The U.S. Food and Drug Administration (FDA) requires that foods containing added MSG list it in the ingredient panel on the packaging as monosodium glutamate. Participating restaurants are not required to exclude ingredients containing naturally-occurring monosodium glutamate found in ingredients such as hydrolyzed vegetable protein, yeast extract, soy extracts, protein isolate, tomatoes or cheeses. MSG cannot be listed as "spices and flavoring" according to the FDA.



# BIBA Restaurant Program

## Definitions

### 1: Fruit & Vegetables

- One serving Fruit is approximately
  - 1 medium piece (apple, peach, orange)
  - ½ large piece (banana, grapefruit, mango)
  - 1 cup berries or cubed melon
- One serving of Vegetables is approximately
  - ½ cup cooked or chopped raw vegetables
  - 2 cups raw leafy greens

### 2: Whole Grains

- Whole grains contain all the essential parts and naturally-occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed. Common examples include:
  - Products made with whole grain flour (bread, wraps, pasta)
  - Brown rice
  - Oats (including oatmeal)
  - Quinoa

### 3: Healthy Proteins

- When meat or meat alternative is included, must be either a lean or plant-based protein source (e.g. poultry, seafood, tofu, eggs, beans) prepared in a healthy way (broiled, grilled, roasted, steamed, or poached). Lean meat is any cut of meat with less than 10 grams of fat per 3-ounce serving (USDA). Lean meats, poultry and seafood as well as minimally processed plant-based proteins are encouraged.  
Common examples include:
  - Skinless turkey or chicken breast
  - Fish fillet (whitefish, salmon, cod, etc.)
  - Lean beef
  - Canned tuna in water
  - Shellfish
  - Nonfat or low-fat dairy
  - Eggs
  - Beans and legumes (black beans, chickpeas, lentils, etc.)
  - Tofu, tempeh



## BIBA Restaurant Program

### 4: Healthy Food Preparation

- Excludes trans fats (partially hydrogenated oils)
- Limits added fat
- Prepared in a manner that is not fried or deep fried
- Use of low-fat or fat free milk & yogurt
  - Use sensible portions of cheese and other high-fat condiments (mayo, pesto, etc.) For example, no greater than 2 ounces total (1 ounce = 1 slice of cheese, 2 Tablespoons or 1/8 cup condiments)
- Favors fats that can provide health benefits such as liquid mono- and polyunsaturated fats from olive oil, vegetable oils, nuts, seeds, avocado and fatty fish.
- Utilize whole-food ingredients that have been minimally processed with preference given to products made “in-house” as opposed to packaged items
- Low in added sodium
- Utilize low or reduced sodium products when available (e.g. soy sauce, broth, soups, bread, cheese)
- Low in added sugar
  - Provide unsweetened options when available and serve added sweeteners on the side or by request (e.g. plain yogurt, unsweetened iced tea, oatmeal served with brown sugar on the side)

### 5: “Free Sugars”

“Free sugars” are defined by the World Health Organization as “all monosaccharides and disaccharides **added** to foods by the manufacturer, cook, or consumer, **plus** sugars naturally present in honey, syrups, and fruit juices” Calories from free sugars does not include naturally-occurring sugars found in foods such as tomatoes, brown rice, whole fruit. Free sugars are those that have been refined, to some extent, by humans (e.g. maple syrup or fruit juice) or by animals (e.g. honey).

Free sugars are different from intrinsic sugars found in whole fresh fruits and vegetables. As no reported evidence links the consumption of intrinsic sugars to adverse health effects, the sugar limitation in healthy meals does not include the consumption of intrinsic sugars present in whole fresh fruits and vegetables.

**THE USE OF NON-CALORIC ARTIFICIAL SWEETENERS SUCH AS ASPARTAME (EQUAL, NUTRASWEET) AND SUCRALOSE (SPLENDA) IS NOT ENCOURAGED. PLEASE REVIEW THE FACTSHEET ON ARTIFICIAL SWEETENERS.**



## BIBA Restaurant Program

# More Ways to Make Healthy Living Easy for your Customers

**These are suggestions only, and are not required to participate in the program**

- Use low-sodium ingredients as the default (soy sauce, broth, soups, cheese).
- Use the unsweetened option as the default for all meals and beverages (e.g. unsweetened yogurt, unsweetened tea, added sweeteners only upon request, oatmeal served with honey on the side).
- Use minimally-processed plant-based and lean animal proteins.
- Offer desserts and baked goods in a small serving such as a 1-ounce cookie, 2" square bar or small sliver (1/16) of cake.
- Serve condiments and dressings on the side.
- Use a fruit or vegetable side dish as the default side for all "combo meals".
- Use pesticide-free locally grown produce whenever possible.
- Compost food scraps to reduce waste, minimize burden on the landfill, and cut down on fuel used to transport waste. Use the soil from the compost to grow herbs to add healthy and delicious flavor to your dishes!

## Thank You!

Thank you for your interest in the Biba Healthy Restaurant Program and for taking the time to read the application. We look forward to working with you!

Email: [Bibamenu@gmail.com](mailto:Bibamenu@gmail.com)

Phone: 670.236.8917