Go for Green® Army Nutrition Standards

Erica Smith-Quee MS, RDN
What is Go for Green®-Army?

The Go for Green®-Army program is the Army’s dining facility nutrition education program combining DoD G4G 2.0 and SOCOM Nutrition Standards. Go for Green®-Army nutritional recognition labeling system provides the Soldier with a quick assessment of the nutritional value of menu offerings and food products in the dining facility.
Purpose

This is an Army program developed to establish feeding ("fueling") standards for Army DFACs by improving health, fitness, readiness and increase the Soldier’s performance through nutrition awareness.
Learning Objectives

- Six Basic Nutrients
- Menu Standards
- Preparation and Service
- Portion Controls
- Serving Line Choice Architecture
- G4G-Army- Posters, Table Tents, Calorie Cards
- Recipe / Menu / Catalogs Reviews
- New Product Additions
- M-NEAT
Six Basic Nutrients

- **Energy Nutrients:**
  - Carbohydrate
  - Protein
  - Fat (Lipids)

- **Other Nutrients:**
  - Vitamins
  - Minerals
  - Water

Deficiencies of any nutrient will have a negative impact on the body!
Menu Standards

- Grains: Breads and Starches
- Meats and Entrée’s
- Vegetables
- Fruits and Fruit Juice
- Salad Bar
- Eggs
- Fats and Oils
- Beverages
- Soups
- Condiments
- Sodium
- Desserts
- Short Order
- Pre Made Items
Grains

No Change in the Standard for Breads

- Breads- Four Bread types will be available
  - All Sliced breads must be 100% whole grain.
  - One whole grain white bread with at least 2.5 grams fiber per serving.
  - One Tortilla option
  - Biscuits
  - Bagels

- English Muffins, Fruit Breads, or Small Low-Fat Muffins
Grains

Change: One of five cereals must be 100 percent folate fortified. Fortification requirements may be combined in one cereal.

- One Cooked whole grain cereal choice.
  - Examples: Steel Cut Oats, Sorghum, Quinoa

- A minimum of six ready-to-eat dry cereal choices with fewer than 230 milligrams of sodium per serving.
  - Three must be without sugar coating and of the three at least one should contain \( \geq 3 \)g fiber per serving.
  - Examples: Shredded Wheat, Cheerio’s, Bran Flakes, Wheaties
Starches

No Change in Standard for Starches

- One or more hot starch choice may be offered at breakfast with minimal to no added fat or sugar.
Meat And Entrée’s

No Change in Standard for Meat & Entrée’s

- Choice of two main entrees, three entrees are desirable one of these entrée’s must be lean fish, poultry or meat.

- Provide one or more main vegetarian options based on demand.

- Fish is served at a minimum three times per week.

- Lean Ground Beef and Ground Turkey at least 90% lean.

- No more than one fried entrée on the main line per meal. Preferably air fried or baked.
Meat and Entrée’s

Change: To provide three choices of breakfast meats

- Choice of three breakfast meats, one of which must be non-pork and **one lower** in fat i.e. Canadian Bacon.

- If bacon is offered it will have less than 290mg of sodium per serving.

- The lower in fat breakfast items **must be less than 12g fat per serving for patties/links and less than 5g of fat per serving for Turkey bacon and Turkey Sausage.**
Vegetables

Change: No more than one breaded or par-fried vegetable per day on the main line.

- Two hot vegetables per meal, one of which must be non-starchy and a good source of vitamin A or vitamin C.
- Legumes and beans served three times per week or more.
- No more than one starchy vegetable per meal.
Fruit and Fruit Juices

No Change in Standard for Fruit & Fruit Juices

- Two or more fresh fruit choices per meal.
- One or more good vitamin C source per day. For example: citrus fruit, kiwi, cantaloupe, strawberries.
- Two or more 100 percent fruit juice choices at breakfast—orange juice fortified with calcium and vitamin D.
- Blended juices are acceptable but must be 100% juice. If tomato or vegetable juices are offered they must contain less than 230mg of sodium per serving.
Salad Bar

No Change in Standard for Salad Bar

- Standard salad bar includes leafy green salad and a minimum of 10 fresh toppings.
- Leafy green salad minimum standard is 50% dark green leaves such as romaine and spinach leaves.
- Unsalted nuts and/or seeds, available for salads based on demand.
- Offer seven separate salad dressings.
  - Five Low Fat Salad Dressings
  - Two Regular Dressings
No Change in Standard for Eggs

- Liquid pasteurized frozen egg products must be used unless the end item has a distinct yolk.
  - No pre-made eggs of any type shall be used.
- Offer egg whites or egg substitutes
- Offer DHA enhanced eggs when available
- Offer two breakfast egg options such as scrambled eggs, hardboiled eggs, and cholesterol free eggs (Egg Whites) daily.
Fats and Oils

No Change in Standard for Fats & Oils

- Offer Trans fat free (zero grams trans-fat per serving) products.
  - Butter, and/or Trans-Fat free liquid margarine spread
  - Beware of products listing partially hydrogenated oils in the ingredients, select alternatives if available.
Beverages

Change: Pasteurized skim or nonfat white and chocolate milk, 1% white milk, and low fat chocolate milk; all must be fortified with vitamin A and vitamin D

- Pasteurized skim or nonfat white, and 1% milk fortified with vitamin A and vitamin D must be served at every meal.
- Offer lactose-free alternatives (lactose free milk, soy milk) based on customer demand.
- Coffee and hot tea available at all meals
- Offer iced tea sweetened and unsweetened based on demand
- If soda is served, at least one low calorie dark caffeinated soda and at least one low calorie clear caffeine free soda
Soups

Change: When offering more than one soup at least one should be a reduced sodium soup.

- Requirements for a reduced sodium soup is $\leq 600$mg of sodium per 8 ounce serving

- Offer at least one soup at lunch and dinner based on customer demand.
Condiments

No Change in Standard for Condiments

- Low fat milk and artificial sweetener available for hot coffee and tea.
- Coffee creamers must contain zero grams trans-fat and contain no partially hydrogenated oils.
- Offer at least one fruit spread or low sugar jam and jelly in addition to regular jam and jelly.
Sodium

No Change in Standard for Sodium

- Salt/Sodium free seasonings available at every meal.

- Use of lower sodium (less than 400 mg per serving) products encouraged.

- Products containing Monosodium Glutamate as an ingredient should be avoided if possible.
Desserts

Change: Desserts may not exceed 250-300 calories per serving

- Fresh fruit served on all dessert bars
- Only offer trans-fat free (zero grams of trans fat per serving) baked products.
- Must offer four dessert options. One must be a reduced fat dessert, such as Angel Food Cake or a low fat pudding on dessert bar.
Short Order

Change:

- Minimum of six grilled or specialty bar items (to include two entrée type proteins) i.e. vegetarian sandwiches, wraps sandwiches, flatbreads/pizzas, burritos, grilled chicken, fajitas.
Short Order

Change Continue:

- French fries, tater tots, onion rings preferably baked or air fried.

- Chip and pretzel options will include baked or whole grain varieties.

- One grilled, fresh vegetable or hot vegetable will be served at short-order station at all times.
Pre-Made Items

- Pre-made, lean-option entrées will contain fewer than 500 calories.

- Less than 35 percent of the calories from fat (under 18 grams of total fat per serving), fewer than 10 percent of the calories from saturated fat (under 5 grams of saturated fat per serving).

- Less than 600 mg of sodium.
The best methods of preparation include baking, braising, broiling, grilling, poaching, roasting, sautéing, steaming, stir-frying, stewing and searing.

Deep Fat Frying is the least preferred cooking method.

Deep Fat Fryers will be replaced under the equipment life cycle replacement program.
Athletes Plates - Portion Control

What a Healthy Meal Looks Like

https://www.uccs.edu/swell/theathletesplate
Athletes Plates - Portion Control

Moderate Training:

Fats
1 Tablespoon

Grains
Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Lean Protein
Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Vegetables
Raw Veggies
Cooked Veggies
Veggie Soups

Flavors
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored Beverages

Coffee
Tea
Now, build a menu based off the Athletes Plate.
<table>
<thead>
<tr>
<th>Breakfast Serving Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ratatouille or other Green-coded Non-starchy Vegetable*</td>
</tr>
<tr>
<td>Oven baked Home Fried Potatoes</td>
</tr>
<tr>
<td>Texas Hash</td>
</tr>
<tr>
<td>Sautéed Mushrooms</td>
</tr>
<tr>
<td>Hard Boiled Eggs</td>
</tr>
<tr>
<td>Scrambled Eggs</td>
</tr>
<tr>
<td>Biscuits</td>
</tr>
<tr>
<td>Creamed Beef</td>
</tr>
<tr>
<td>Oven Fried Bacon</td>
</tr>
</tbody>
</table>

Diner Flow of Traffic
G4G® Program Choice Architecture (2)

MENU
• Steamed green beans
• Baked sweet potato
• Mashed potatoes
• White rice pilaf
• BBQ pork chops
• Grilled chicken
• Fried fish
• Roasted zucchini
• Creamed spinach
• Mac and Cheese

Roasted zucchini  Mashed potatoes  Fried fish
Steamed green beans  BBQ pork chops  Creamed spinach
Baked sweet potato  chops
Grilled chicken  White rice pilaf  Mac & Cheese
### MENU
- Steamed green beans
- Baked sweet potato
- Mashed potatoes
- White rice pilaf
- BBQ pork chops
- Grilled chicken
- Fried fish
- Roasted zucchini
- Creamed spinach
- Mac and Cheese

### ENTREES
- Grilled chicken
- BBQ Pork Chops
- Fried Fish

### STARCHY SIDES
- Baked sweet potato
- Mashed potatoes
- White rice pilaf
- Mac and Cheese

### VEGETABLES
- Steamed green beans
- Roasted zucchini
- Creamed Spinach
Short Order Serving Line

Diner Flow of Traffic
GO For Green-Army Marketing
Go for Green ®- Army

- Provides a quick visual guide for diner product selections based on nutritional value profiles.

- Choice Architecture line set up

- Food items are labeled green (high performing foods), yellow (moderate performance foods), or red (low performance foods) and have sodium codes.

- Program posters and table toppers explain coding system:
  - Green : Eat Often
  - Yellow : Eat Occasionally
  - Red : Eat Rarely
## Green, Yellow, & Red Food Codes

<table>
<thead>
<tr>
<th>Processing</th>
<th>Least-Processed</th>
<th>Some Processing</th>
<th>Most-Processed Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrients</td>
<td>Whole Foods, Nutrient Packed</td>
<td>Some Healthful Nutrients</td>
<td>Lowest-Quality Ingredients</td>
</tr>
<tr>
<td>Fiber</td>
<td>High in Fiber</td>
<td>Lower in Fiber</td>
<td>Minimal Fiber</td>
</tr>
<tr>
<td>Sugar</td>
<td>Low in Added Sugar</td>
<td>Added Sugar or Artificial Sweeteners</td>
<td>Added Sugar or Artificial Sweeteners</td>
</tr>
<tr>
<td>Fat</td>
<td>Healthy Fats</td>
<td>Poor-Quality Fats</td>
<td>Excess Fats and/or Trans Fat Fried Foods</td>
</tr>
</tbody>
</table>
Poster/Marketing Materials

https://www.hprc-online.org/page/go-for-green
Go for Green- Food Cards

EAT OFTEN
THIS IS A HIGH-PERFORMANCE FOOD

Food Item
Serving Size
Calorie Level

WATCHING SODIUM?
THIS IS A LOW-SODIUM FOOD
- Place on every table throughout the DFAC

- Replace as needed
Recipe/ Menu/ Catalog Reviews

- Recipe
  - Follow Recipes from TM 10-412
  - Ready to use items reviewed before adoption

- Menu Design for Performance Nutrition

- AFMIS

- Ingredients critical for correct nutrients

- Catalog to support the entire intent
New Product Additions

- Food Service Menu Board
  - Food Program Manager – Lead
  - Dining Facility personnel – Contract providers
  - Vet Services, Dietitians, Food Advisor, Unit Representatives
  - Boss Program
  - SSMO

- Product Review- Consult Dietitian

- Subsistence Prime Vendor
The Military Nutrition Environment Assessment Tool (m-NEAT) was developed to help military installations/bases assess their environment to find out how well it supports and promotes healthy eating.
Summary

- Six Basic Nutrients
- Menu Standards
- Preparation and Service
- Portion Controls
- Serving Line Choice Architecture
- G4G-Army- Posters, Table Tents, Calorie Cards
- Recipe / Menu / Catalogs Reviews
- New Product Additions
- M-NEAT