

## Minimum ingredient specifications

### St. Luke's Green Cuisine

**Our Minimum Expectations and Specifications that we strive to follow:**

- To serve fresh, local, seasonal and organically produced food
- Keep food affordable without compromising the quality
- Cook food from scratch and serve it fresh
- To satisfy the health and diet needs of all our clientele
- Not offer fried foods on the menu
- Preference will be given to breads, bagels, baked pretzels, tortillas, pizza dough and other bread-like products that are whole wheat or whole grain, with preference given to whole grain.
- Use unbleached flour
- Strive to follow ingredient guidelines per the table below:

<b>FAT</b>	<ul style="list-style-type: none"> <li>• *Contain no trans fat/partially hydrogenated fat.</li> <li>• If used for cooking, must be a non-hydrogenated canola, soybean or olive oil.</li> <li>• Have no more than 35% calories from fat per meal.</li> <li>• Have no more than 10% saturated fat per meal.</li> <li>• Preferable cooking methods include: baked, roasted, steamed, broiled or sautéed in a small amount of the oils listed above.</li> </ul>
<b>PROTEIN</b>	<ul style="list-style-type: none"> <li>• Lean protein source preferred, such as fish, chicken, turkey, tofu, legumes or beans</li> <li>• Use animals raised without the use of growth hormones and non-therapeutic antibiotics</li> <li>• Lean beef or pork that meets fat criteria</li> </ul>
<b>SUGAR/ARTIFICIAL SWEETENERS</b>	<ul style="list-style-type: none"> <li>• Sugar is preferred sweetener if needed</li> <li>• *Sucralose (Splenda) is an acceptable sugar substitute</li> <li>• *Avoid Saccharin, Acesulfame-K and Aspartame</li> <li>• *Limit High Fructose Corn Syrup</li> </ul>
<b>NUTS/SEEDS</b>	<ul style="list-style-type: none"> <li>• Individually packaged trans fat free peanut butter will be offered</li> <li>• Unsalted, dry roasted almonds and mixed nuts (without peanuts) will be available</li> </ul>
<b>FRUITS/VEGETABLES</b>	<ul style="list-style-type: none"> <li>• Offer a variety of fresh fruits and vegetables daily</li> <li>• Fresh &amp; frozen produce preferred</li> <li>• Canned produce if low in sodium for vegetables or packed in juice for fruit</li> </ul>
<b>WHOLE GRAINS/LEGUMES</b>	<ul style="list-style-type: none"> <li>• Offer whole grain starches, pastas, rice and breads</li> <li>• Incorporate beans in the menu</li> </ul>
<b>DAIRY PRODUCTS</b>	<ul style="list-style-type: none"> <li>• Strive to use only milk and dairy products from animals raised without artificial growth hormones and non-therapeutic antibiotics.</li> <li>• Offer low/non fat dairy</li> <li>• Entrees made with saturated fat must be less than 10% saturated fat</li> </ul>
<b>SALT/SODIUM</b>	<ul style="list-style-type: none"> <li>• Avoid added salt</li> <li>• *Limit Monosodium Glutamate (MSG)</li> </ul>
<b>BEVERAGES</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Low/non fat milk</li> <li>• Green Tea, coffee</li> <li>• 100% fruit or vegetable juices with no added sweeteners</li> </ul>

\*Source: Food Additives, Center for Science in the Public Interest  
<http://www.cspinet.org/reports/chemcuisine.htm>