

# Informed Dining



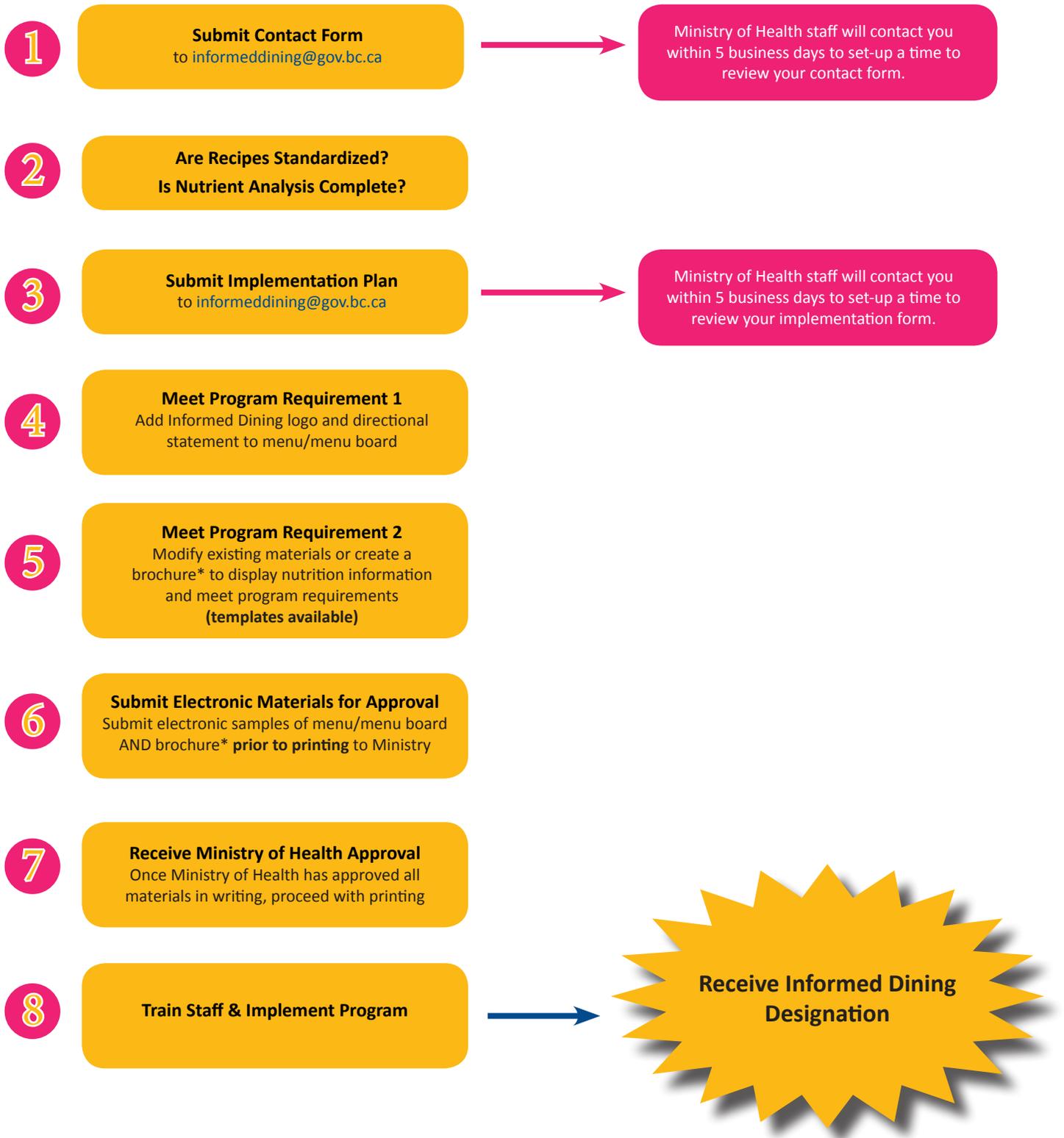
BC Informed Dining Program

## HEALTH CARE PARTICIPATION GUIDE



HealthyFamiliesBC 

# Implementation Flowchart



\*the example of a brochure has been used for the purposes of this flowchart. See page 5 for a list of other approved formats.

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# HEALTH CARE MANDATE

Informed Dining in Health Care applies to all retail food service establishments operating in a BC health authority owned or operated health care facility. This includes cafeterias, quick service outlets and coffee shops. This does not include outlets that meet one or more of the following criteria:

- Only offer patient care menu items
- Have no staff or space dedicated to the outlet
- Use a voucher/ticket/honour payment system
- Make more than 50% of menu offering decisions on a daily basis

For the purpose of this guide, the term “restaurant” will be used to describe retail food service establishments captured under the mandate.

## DEFINITIONS

### **Standard Menu Items**

- a) **Static Menu**- A standard menu item on a static menu is a food or beverage item that is offered for sale for more than 60 days per calendar year.
- b) **Rotational Menu**- A standard menu item on a rotational menu is a food or beverage item that is planned and offered on a regular or rotational basis.

### **Exemptions**

The following items do not meet the definition of a standard menu item, but can be voluntarily included in the nutrition information.

- Chef specials or promotional items that are offered for less than 60 days and are not part of the static or rotational menu.
- New menu items that are being market tested for up to a 60 day period.
- Individually customizable menu items (e.g. made to order, clerk served sandwich station).
- Menu items that are offered directly to the guest in their originally sealed package with a Canadian Nutrition Facts table (NFT). This also includes small packets of butter, jam, cheese, biscuits etc. that meet Health Canada’s NFT package size exemption rules.
- Condiments and add-ons (e.g. cream, sugar, ketchup, etc).

### **Before or at the point of ordering**

Before or at the point of ordering means that the information is visible and legible to guests while they make menu decisions in the restaurant. It does not mean information that is only available on a website or tray liner.

### **Stated Serving Size**

The stated serving size is the portion size ordinarily served to the guest. For buffets, salad bars, and self service items, see Appendix E.

# PROGRAM REQUIREMENTS

To implement the Informed Dining program, restaurants are required to meet the following criteria:

1. Display the program logo and a directional statement before or at the point of ordering advising guests that nutrition information is available.
2. Provide nutrition information for all **standard menu items before or at the point of ordering**. Calorie and sodium content of standard menu items must be highlighted. Provide information regarding daily requirements for calories and sodium.

## 1. Program Logo and Directional Statement

### Program Logo

The Informed Dining program logo must be displayed in full colour (for menus/menu boards printed in colour) or grayscale (for menus/menu boards printed in black and white).



**Graphic Standards:** Please see Informed Dining program logo and graphic standards in Appendix A.

### Directional Statement

The purpose of the directional statement is to provide guidance to guests to know where they can find nutrition information (e.g. “See our nutrition menu”; “See our nutrition display”).

**Graphic Standards:** The directional statement must be displayed in the same font, size and typeface as the name or description of the menu items.

## Signage for Types of Menus

### Restaurants using Printed Menus

Restaurants using printed menus to display daily, weekly, or monthly menu items must include the designated program logo and directional statement prominently displayed on the printed menu (in accordance with approved graphic standards). For example:

- (a) **Informed Dining**  *“See our nutrition menu”*
- (b) **Informed Dining**  *“See our nutrition display”*

### Restaurants using Menu Boards

Restaurants using menu boards, white boards and sandwich boards must include the designated program logo and directional statement prominently displayed on the menu board, adjacent to the menu board on a sign or banner, or in another format/location approved by the Ministry of Health (in accordance with approved graphic standards). The logo and directional statement must be clearly visible to the guests before or at the point of ordering in the restaurant.

Example for menu boards, sign or banner:



### Restaurants without Printed Menus or Menu Boards

Restaurants that do not use a printed menu or menu board (e.g. display case only) must include the designated program logo and directional statement in a format and location approved by the Ministry of Health (in accordance with approved graphic standards).

**\*\*See Appendix B for Program Guidelines for Logo & Directional Statement Specific to Size and Set up of Outlet \*\***

## 2. Nutrition Information

### Formats

Restaurants may choose at least one of the following formats to provide nutrition information in the restaurant:

- nutrition display (3 ringed stand)
- nutrition menu (folder or booklet)
- brochure or pamphlet
- poster

Program and nutrition information will be made available for download from the Informed Dining website. Health Authorities must link to the Informed Dining website on their web pages.

### Location

Nutrition information must be accessible, visible, and meet customer demand **before or at the point of ordering** in the restaurant for example:

- at the ordering counter
- on a stand in the ordering line
- upon entry to the establishment
- in another location approved in writing by the Ministry of Health

### Content

Restaurants are required to include the following components with their nutrition information on the chosen format:

**Graphic Standards:** Nutrition information must be displayed in a legible font size.

1. Informed Dining program logo
2. Healthy Families BC logo
3. Informed Dining Program description
4. Nutrition information for all standard menu items (calorie and sodium content to be highlighted)
5. Daily calorie and sodium requirements
6. B.C. Government disclaimer statement

See Appendix D for an example.

### 1. Informed Dining Program Logo

The Informed Dining program logo must be included on the chosen format either in full colour or grayscale. Please see Informed Dining program logo graphic standards in Appendix A.



### 2. Healthy Families BC Logo

The Healthy Families BC logo must be included on the chosen format either in full colour or grayscale. Please see Healthy Families BC logo graphic standards in Appendix C.



### 3. Informed Dining Program Description

The following program description must be included on the chosen format:

*The Informed Dining program is a nutrition information program developed by the Province of British Columbia. For more information, please visit [www.InformedDining.ca](http://www.InformedDining.ca) or call Dietitian Services at HealthLink BC by dialing 8-1-1.*

### 4. Nutrition Information

Restaurants are required to provide nutrition information for **stated serving sizes** of all **standard menu items**. For buffets, salad bars, and self service items, see Appendix E.

The net quantity must be declared in metric units (g for grams or mL for millilitres) and percent daily value (%DV) where applicable. Nutrition information consists of calories (kcal) and the 13 core nutrients found on a Canadian Nutrition Facts table. The 13 core nutrients and their units of measure include:

- Total Fat (g)
- Saturated Fat (g)
- Trans Fat (g)
- Cholesterol (mg)
- Sodium (mg)
- Carbohydrate (g)
- Dietary Fibre (g)
- Sugars (g)
- Protein (g)
- Vitamin A (%DV)
- Vitamin C (%DV)
- Calcium (%DV)
- Iron (%DV)

## Rounding Rules

Nutrient values above one should be rounded off to the nearest whole number (191.5 = 192). Nutrient values below one should be rounded off to one decimal point (0.191 = 0.2). Participants can also use the Canadian Food Inspection Agency's Guide to Food Labeling and Advertising rounding rules.

## Presenting Nutrition Information

Nutrition information are presented in a table listing all of the **standard menu items** in the same order as the menu or listed alphabetically by category (e.g. soups, entrees, desserts). See Appendix D for an example.

**Graphic Standards:** Every other row displaying a standard menu item's nutrition information must be shaded.

Calorie and sodium information of standard menu items must be highlighted in accordance to graphic standards so that guests can relate the calorie and sodium information of the menu item to daily requirements for calories and sodium which will be listed separately. Please see a sample Appendix D.

**Graphic Standards:** For colour versions, the columns displaying calorie and sodium content must be highlighted in a colour that distinguishes these two columns from any other column in the chart. For black and white versions, the columns displaying calorie and sodium content must be highlighted in Grey (CMYK 0.0.0.30).

## 5. Daily Calorie and Sodium Requirements

The following statement regarding daily calorie and sodium requirements must be displayed in accordance with graphic standards. Please see a sample in Appendix D.

*Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)*

**Graphic Standards:** For colour versions, the educational statement must be highlighted in the same colour chosen to highlight calories and sodium. For black and white versions, the educational statement must be highlighted in Grey (CMYK 0.0.0.30).

## 6. B.C. Government Disclaimer Statement

Restaurants must include the following disclaimer statement:

*The Province of British Columbia assumes no responsibility or liability arising from any errors or omissions in, or the use of or reliance upon, the nutrition information provided. Variations in nutrition information obtained through analysis may occur for reasons including differences in suppliers, ingredient substitutions, recipe revisions, and/or season of the year.*

## DETERMINING NUTRIENT ANALYSIS

Restaurants may determine calorie and nutrient content of standard menu items using any reliable and verifiable nutrient analysis. It is the restaurant's responsibility to ensure that the nutrient values presented are accurate. There are different ways to generate these values including the use of validated analytical methods by in-house or accredited laboratories or calculation by using credible databases or software. Lab analysis is generally the most accurate method of determining the nutritional profile of a given food, however, calculation may also be used if the restaurant is confident that the results are accurate. The restaurant must take into account various factors when choosing how to determine the nutrition values including the nature of the food, possible processing losses, seasonal variations, geographical variations, variable formulations, and so forth. The restaurant should choose the risk management strategy best suited to the menu items to be analyzed.

(Source: Adapted from CFIA <http://www.inspection.gc.ca/english/fssa/labeti/quest/tablee.shtml>)

Nutrient analysis is only required once per standard menu item provided that portion size is reasonably consistent and the restaurant follows a standard recipe and trains to a consistent method of preparation.

Restaurants are encouraged to use specialized expertise and experienced staff or consultants to ensure accurate nutrition information for standard menu items so that information provided to guests is meaningful and not misleading. Please visit [www.InformedDining.ca](http://www.InformedDining.ca) for a Guide to Nutrient Analysis for those restaurants needing assistance. In addition, technical assistance is available from Dietitian Services at HealthLink BC (dial 8-1-1 toll-free within B.C.) to answer your questions about resources and nutrient analysis.

## OTHER SPECIFIC ISSUES

### **Buffets, Salad Bars and Self Service Items**

Self-serve dining scenarios, like salad bars and buffets, present a unique challenge for nutrient analysis as the portion size varies with each diner's selection. In order to make nutrient analysis of self-serve foods possible, a standard portion size must be selected (with the understanding that the diner may select less or more than this amount). See Appendix E.

### **Combo Meals/Size Variations**

- Nutrition information for combination meals is not required. However, nutrition information for individual components of combination meals must be provided if those components are standard menu items.
- Nutrition information for different sizes of the same menu item must be displayed individually. An example of a size variation would be a small, medium or large beverage.

## Flavours and Varieties

- Nutrition information for standard menu items that are offered in different flavours and varieties can be displayed as the median value if values for all covered flavours and varieties are within 20% of the median. An example of a flavour variety would be chocolate, strawberry and vanilla ice cream flavours.
- If not within 20% of the median then the range for all flavours and varieties of that menu item shall be listed from the lowest to the highest value.

## PROGRAM APPROVAL

Restaurants must submit the following to the B.C. Ministry of Health for approval to ensure legibility and program requirements have been met:

1. Electronic samples (word, publisher, pdf, jpeg, png or tiff files) displaying the program logo and directional statement (i.e. menu, menu board or sign adjacent to menu board) **AND** method chosen to provide nutrition information (i.e. brochure, nutrition menu, poster etc) prior to printing.
2. Once printed, photographs (jpeg, png or tiff files) of the program logo and directional statement **AND** method chosen to provide nutrition information in place within the restaurant.

See Implementation Flowchart.

Electronic samples can be sent to [InformedDining@gov.bc.ca](mailto:InformedDining@gov.bc.ca).

## MONITORING AND QUALITY ASSURANCE

- Restaurants are required to update program information annually to maintain program status.
- Environmental Health Officers will verify that program requirements are being met as part of their regular food safety inspections. For monitoring purposes, guests will be encouraged to file any complaints or concerns regarding restaurants which may not be meeting program standards with Dietitian Services at HealthLink BC (dial 8-1-1 toll-free within B.C.) or by emailing [InformedDining@gov.bc.ca](mailto:InformedDining@gov.bc.ca).

## SUPPORTS

There are a variety of implementation supports to assist the restaurant industry in understanding and implementing the Informed Dining program. See Appendix F.

## CONTACTS

For more information:

Visit: [www.InformedDining.ca](http://www.InformedDining.ca)

Email: [InformedDining@gov.bc.ca](mailto:InformedDining@gov.bc.ca)

Call: Dietitian Services at HealthLink BC (dial 8-1-1 toll-free within B.C.)