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Healthy Hospital Food Initiative

A survey and analysis of food served at hospitals by the Physicians Committee for Responsible Medicine and ADinfinitem, Inc.

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Healthy food is almost as important to healing as competent medical care, and healthy eating habits play a critical role in preventing chronic diseases such as heart disease, diabetes, and some cancers. Are hospital eating establishments meeting the need for low-fat, low-cholesterol, immune-boosting foods that can aid in recovery and promote health? To answer that question, nutrition professionals with the Physicians Committee for Responsible Medicine (PCRM) worked with ADinfinitem, Inc., to create the Healthy Hospital Food Initiative Questionnaire, a survey and analysis of menus and foods served at cafeterias and restaurants at hospitals across the country.

Methods

This questionnaire was distributed by the Spirit of Women hospital network to 40 hospitals or hospital systems. In addition to basic hospital demographic questions, the survey asked 14 general questions about cafeteria offerings and requested a daily menu and a recipe for one of the “healthiest entrée menu items available from the hospital’s main eating establishment.” PCRM nutritionists then analyzed these menus and recipes for healthfulness.

Findings

The survey results, summarized in Table 1 on page 11, show that the majority of hospitals are trying to offer some health-promoting food choices to customers, though substantial opportunities for improvement remain. All hospitals that responded reported offering at least one reduced-fat product and one fresh or cooked vegetable side dish daily. Eighty percent or more of responding hospitals also reported offering whole-grain products, sugar-free snacks, fresh fruit, and a daily offering of a low-fat entrée or side dish. A minority of the responding hospitals (17 percent) have a fast-food establishment.

But a review of the hospitals’ menus (see Table 2 on page 12) reveals a disturbing fact: On many days at some hospitals, patients and visitors cannot find a low-fat, cholesterol-free entrée in the main cafeteria or restaurant. Fewer than one-third of hospitals surveyed offered either a daily salad bar or a daily low-fat vegetarian entrée.

Moreover, a nutritional analysis reveals that many entrées described as healthful by hospitals are actually very high in fat (see Table 3 on page 13). Sixty-two percent of these “healthiest entrée”

offerings derived more than 30 percent of calories from fat, and a few derived more than 50 percent of calories from fat.

Background

Healthy Hospital Food Initiative

PCRM and ADInfinitem created the Healthy Hospital Food Initiative Questionnaire to assess the state of food served in hospital restaurants and cafeterias. The questionnaire is part of a larger initiative designed to encourage hospitals to set an example for medical staff, visitors, and patients by serving wholesome, low-fat, cholesterol-free foods that promote health. In this survey of food served in cafeterias at Spirit of Women hospitals, the initiative set out to identify areas of excellence and areas of greatest need.

Fast Food in Hospitals

Some doctors, patients, and consumer groups are voicing concern over the foods served in hospital cafeterias and restaurants. These concerns are supported by a large body of scientific evidence showing that unhealthy eating habits increase the risk of many serious health problems. Obesity rates in the United States are at an all-time high, and diabetes, cancer, heart disease, and other diet-related health problems continue to plague millions of Americans. Meanwhile, a large body of research shows that low-fat, plant-based eating habits can aid recovery from heart disease and some types of cancer.

Some hospitals rely on fast-food purveyors to offer meals to staff and visitors. But a 2005 study published in *The Lancet* confirmed what consumers have known for years: Consumption of fast food is bad for the waistline.¹ Thirty years of data linking dietary choices to heart disease risk supports Framingham Heart Study director Dr. William Castelli's memorable quip, "When you see the Golden Arches, you're probably on the road to the Pearly Gates."² Some high-selling traditional hospital cafeteria items—meatloaf, fried chicken, and Salisbury steak, for example—also deliver an excess of saturated fat, cholesterol, and salt.

Encouraging Trends

The good news is that many hospitals around the country are instituting creative changes in the foods offered to patrons. These efforts range from small improvements to comprehensive initiatives.

Dr. Toby Cosgrove, heart surgeon and head of the Cleveland Clinic, is working to rid his hospital of fast-food establishments. Dr. Cosgrove has stated, "We have to set an example with the food we serve our patients and employees."³

Deane Bussiere, the chef at Dominican Hospital in Santa Cruz, California, is demonstrating that organic, sustainably grown, in-season food prepared like that in a high-end restaurant can be provided in a hospital cafeteria. With items such as Thai basil tofu and spinach, roasted garlic and tomato soup, quinoa, and a winter root vegetable medley on the menu, Bussiere focuses on keeping things flavorful and healthy. To achieve this, 60 of the 70 menu items offered at the hospital are either vegetarian or vegan. In addition to contracting with a nonprofit, community-

based organic farm that trains farm workers to be organic farmers, Bussiere buys organic produce grown by local high school students in a garden on the hospital grounds.⁴

In Austin, Texas, the Sustainable Food Center is piloting a “farm produce-to-hospital” program designed to promote healthy hospital food. Director Suzanne Santos sees the program as a win-win-win situation for farms, hospitals, and consumers. Santos notes that hospitals are ideal places to teach customers about the pleasures and benefits of eating fresh fruits and vegetables.⁵ Similar arrangements are in place at hospitals in Vermont, North Carolina, Iowa, and other states.⁶

At Good Samaritan Hospital in San Jose, California, a survey of customers several years ago provided the impetus to increase the number of healthy vegetarian items, the selection of low-fat soups, and the availability of cuisines from around the world. Staff there note that the biggest trend at the hospital over the last few years is a growing demand for vegetarian food, especially among physicians and other healthcare professionals wanting to practice what they recommend.⁷

(Note: the hospitals named in this section are not part of the Spirit of Women hospital network.)

Survey Details

The survey instrument, which was developed by PCRM and ADinfinitem, can be found in Appendix A on page 14. When a hospital or system had more than one foodservice establishment, the administrator was asked to fill out the questionnaire and provide a menu from the “main” or “busiest” cafeteria, café, or restaurant.

Spirit of Women, a national network established to motivate women to make healthy changes in their lives, distributed the questionnaire and a request for menu information to 40 hospitals or hospital systems in their nationwide network. The hospitals surveyed were medium to large community hospitals with 100 beds or more, and academic medical centers with at least 500 beds. The surveys were sent to each hospital’s “Spirit of Women Coordinator,” who was also contacted by a staff member at Spirit of Women to encourage participation. Data collection occurred between December 1, 2004, and January 31, 2005.

Questionnaire results were tallied and are presented in Table 1 on page 11.

The menus were evaluated based on the following questions:

- Were the healthier items marked?
- Was there a daily salad bar?
- Were there daily healthy entrées?
- How many healthy side dishes were available each week?
- How many bean dishes were available each week?

Healthy items were presumed to be high in fiber and low in fat, saturated fat, and cholesterol.

The recipes were analyzed by a registered dietitian using Nutrition Data Systems for Research (NDSR). Results are summarized in Table 3 on page 13. Recipes were given one point for meeting each of the following criteria:

- deriving less than 30 percent of calories from fat
- deriving less than 10 percent of calories from saturated fat

- having less than 50 milligrams of cholesterol per serving
- having more than 4 grams of fiber per serving
- having less than 400 milligrams of sodium per serving

Detailed Results

Twenty-five hospitals or hospital systems from 17 states returned the surveys (a 63 percent response rate). Of these, 13 (52 percent) were from predominantly urban areas, 9 (36 percent) were from suburban areas, and 2 (8 percent) were from rural areas. The remaining hospital system spanned all three types of areas. Together, the hospitals that responded serve more than 9,000 beds.

Forty percent of responding hospitals or systems had only one foodservice establishment. The others had two or more. Seventeen percent of respondents had one fast-food establishment in the hospital or hospital system in addition to the hospital café or cafeteria.

The findings from the questionnaire are presented in Table 1 on page 11. In brief, all the hospitals that responded to the survey reported offering at least one reduced-fat product and one fresh or cooked vegetable side dish daily. Eighty percent or more of responding hospitals also reported offering whole-grain products, sugar-free snacks, fresh fruit, and, on a daily basis, a low-fat entrée or side dish.

Fewer hospitals offered a daily vegan entrée, and many that did offered only salad. Forty-four percent of hospitals reported offering a high-fiber bean dish on a daily basis, although this figure was inconsistent with the sample menus submitted. Only two (or 10 percent) of the submitted menus featured a dish containing beans. (Discrepancies between answers to survey questions and empirical data suggest limits to respondents' knowledge of or memory about actual menu items served in a given week.) Low-fat, cholesterol-free vegetarian items (vegan entrées) and bean dishes are important in helping people meet weight goals and reducing the risk of diabetes, heart disease, and cancer.

Only 28 percent of hospital foodservice establishments offered soymilk, which is preferred by many people, including those who are health-conscious, lactose-intolerant, or allergic to dairy products; only 16 percent used any organic ingredients in foods offered.

Top-Selling Entrées

Sixty-four percent of hospital respondents said that the best-selling entrée was a chicken dish (tenders, fingers, strips, baked, roasted, herb-baked, fajitas, or fried). Fried chicken was the top-selling entrée in 24 percent of hospital cafeterias surveyed, while hamburgers were the number-one selling entrée in 12 percent of cafeterias. Other top sellers were pizza, enchiladas, meatloaf, catfish, sandwiches, and hot bars (Mexican, Asian, Italian, and baked potato and salad bars).

Analysis of "Healthiest" Main Dish Recipes

Seventeen hospitals or hospital systems submitted one or more examples of their "healthiest" cafeteria main dish menu items, for a total of 23 recipes. Of these, 21 recipes met the criteria for a "main dish" item and were analyzed. Nutrient analysis and recipe point scores are presented in

Table 3 on page 13. Thirteen (62 percent) of these “healthiest entrée” offerings derived more than 30 percent of calories from fat; four of them—baked chicken, chicken cacciatore, pork carnitas, and meatloaf—derived more than 50 percent of calories from fat. Thirteen of these entrée items were chicken dishes, three were vegetarian, and two featured pork, while fish and beef were featured in one dish each.

The mean fiber content for these 21 main dish recipes was 1.1 gram, and fiber content ranged from 0 to 4.7 grams per serving. Therefore, these “healthiest” entrées on average were inadequate for helping individuals meet the recommended 20 to 25 grams of fiber per day. Only two entrées contained more than 4 grams of fiber per serving: a meatless Boca burger and a sesame chicken with broccoli dish.

Sodium content per serving of these entrée items varied widely, from 61 milligrams per serving for herb-baked chicken to 1,450 milligrams per serving for Chef Marcos’ herb chicken breast. The three vegetarian entrées, such as the oven-roasted vegetables, had little or no cholesterol, while the meatloaf tipped the scales at 155 milligrams of cholesterol per serving, with many of the chicken dishes following close behind with up to 110 milligrams per serving.

Analysis of Menu Offerings

Nineteen respondents submitted one or more weeks of menus (see Table 2). Three submitted a one-day menu. Of these 22 hospitals, six (27 percent) offered a salad bar daily. Twenty-one percent appeared to offer at least one low-fat, cholesterol-free entrée on a daily basis. Sixty-eight percent offered a healthy entrée less than once a week. Most (84 percent) offered at least one healthy vegetable, grain, or bean side dish each day, but only half offered at least 14 such side dishes per week. Menu items made with beans, lentils, or black-eyed peas were offered infrequently, with only 21 percent of hospitals offering legume-containing soups, side dishes, or entrées five or more times per week. Only one hospital offered a legume-containing menu item each day. One-third of hospital cafeterias identified “wellness,” “lower fat,” or “heart healthy” items on their menus.

Discussion

The majority of hospitals surveyed were giving some attention to offering healthier food choices to customers. One or more low-fat products or menu items were available at all hospitals surveyed—all offered at least one reduced-fat product, and 88 percent provided a low-fat entrée or side dish option daily. Most also offered fresh fruit and one fresh or cooked vegetable side dish daily to customers. Eighty percent of hospitals surveyed also reported offering sugar-free snacks, and 88 percent offered whole-grain products.

While these are important steps—and some hospitals around the country are doing an admirable job of offering healthy choices to their customers—ample opportunity exists for improving the health-promotion value of food served in hospital cafeterias. In particular, survey results showed that a majority of hospital foodservice establishments are not yet providing a daily salad bar, low-fat vegetarian options, non-dairy milks and other alternatives to dairy products, sufficient legumes to help meet daily fiber requirements, point-of-purchase nutrition information, or organically raised foods.

Healthy Vegetarian Offerings

Fewer than one-third of hospitals surveyed had either a daily salad bar or a daily vegetarian entrée. Diets based primarily on whole grains, legumes, fruits, and vegetables provide sound nutrition while reducing the risk of weight gain, diabetes, heart disease, hypertension, and several types of cancer. Research shows that people who consume vegetarian diets are slimmer than people who consume an omnivorous diet.⁸ A healthy and easy way to reduce overall calorie intake is to serve vegetarian foods. Low-fat and very low-fat diets are effective for weight loss because they lead to a reduction in calorie intake and an increase in fiber, which can help people feel fuller longer.⁹ On the other hand, high-protein, high-fat dietary patterns, when followed over the long term, are associated with increased risk of colorectal cancer,¹⁰ cardiovascular disease,¹¹ impaired renal function,¹² osteoporosis,¹³ and complications of diabetes.¹⁴

With heart disease remaining the number-one killer in America, an emphasis on vegetarian meals in hospitals could have beneficial effects on the average cholesterol level in hospital staffers and other customers. For example, one study showed that people who adopted a vegetarian diet reduced their saturated fat intake by 26 percent and achieved a significant drop in cholesterol levels in just six weeks.¹⁵ Very low-fat vegetarian diets, both as part of a comprehensive lifestyle change and without other lifestyle modifications, have been shown to be instrumental in reversing heart disease.¹⁶ Replacing animal protein with vegetable protein also helps decrease the risk for heart disease.^{17,18} In addition, a diet built from plant foods that limits or avoids animal products has been associated with a reduction in ovarian,²⁰ prostate,²¹ colon,¹⁰ and breast cancer risk.²²

The Importance of Beans

Beans and other legumes were offered infrequently in most of the hospitals surveyed. Menu analysis revealed that only two hospitals surveyed offered a daily dish containing beans. Studies have shown that consumption of beans, particularly soybeans, is associated with both cardiovascular and renal benefits.²³ A reduction in the risk of coronary heart disease is also seen with legume consumption, as reported in the NHANES I Epidemiologic Follow-up Study.²⁴

In addition, diets high in legumes typically are adequate in fiber, unlike other common food offerings. The current survey identified only two entrée recipes containing more than 4 grams of fiber per serving. Bean dishes typically contain about 7 to 8 grams of fiber in a modest-sized serving. The new U.S. Dietary Guidelines recommend 14 grams of fiber per 1,000 calories. For most people, this works out to about 25 to 42 grams per day. Fiber facilitates the movement of waste, including carcinogens, out of the digestive tract and promotes an environment within the colon that appears to be protective against cancer.¹⁰

Non-Dairy Options

Fewer than one-third of hospitals surveyed offered soymilk or other non-dairy options. Providing alternatives to cow's milk and other dairy products promotes health for several reasons. First, approximately 90 percent of Asian Americans, 90 percent of Native Americans, 50 to 80 percent of Latinos, 60 to 80 percent of African Americans, and 6 to 22 percent of Caucasians are lactose-intolerant. Symptoms, which include diarrhea and other gastrointestinal problems, result from an absence of the lactase enzymes that break down the milk sugar lactose. In addition, several cancers, such as prostate and ovarian cancer, have been linked to the consumption of dairy

products.^{20,21} Calcium is available in fortified soy and other non-dairy milks, green leafy vegetables, fortified juices, and other foods with health advantages milk lacks. Offering these non-dairy foods in hospital cafeterias will demonstrate to doctors and other customers the wide variety of calcium-rich foods available in a healthy diet.

Consumer Education and Nutrition Information

Two-thirds of hospitals surveyed did not mark the healthier items on the menus submitted. Yet research shows that even very simple nutrition information offered at point-of-selection (i.e., on the menu or on information cards in the cafeteria line) influences a significant number of consumers to make healthier choices.²⁵ In addition, foodservice professionals and customers alike benefit from point-of-selection nutrition information. For example, most of the best-selling entrées in these hospital cafeterias were high-fat, high-cholesterol, fiber-less dishes—with fried chicken being the top seller in one in four hospitals. Worse yet, many of the recipes submitted as “healthiest” menu items topped the nutritional scales for fat, saturated fat, sodium, and cholesterol. Most were extremely low in fiber.

Many people believe that by substituting chicken, turkey, and fish for red meat, they are following a diet that will keep their arteries clear and reduce their risk for chronic diseases such as heart disease, cancer, and stroke. In fact, poultry and fish pose many of the same health risks as red meat. A 4-ounce serving of either chicken or beef contains about 100 milligrams of cholesterol. So, ounce for ounce, chicken holds about as much cholesterol as beef. Overall, the leanest chicken with the skin removed contains only slightly less fat than the leanest beef—deriving 23 percent of its calories from fat as opposed to the 29 percent of calories from fat in lean beef, much of which is saturated fat. Instead of replacing the hamburger with chicken cacciatore, patrons should be encouraged to opt for the veggie burger to keep fat and cholesterol levels low enough, and fiber intake high enough, to foster good health.

Recommendations

If the food served in hospitals is to be part of the solution to the obesity crisis and the chronic disease epidemic in the United States, some upgrading of the foods served and the nutrition information provided by hospitals to their staff and visitors is needed. Many of the hospitals surveyed had already instituted one or more of these recommendations. The Healthy Hospital Initiative recommends that *all* hospitals adopt most or all of these recommendations on a regular basis.

Recommendations for promoting health through hospital foodservice operations:

1. **Offer a daily salad bar.** To meet the needs of health-conscious customers, be sure to include vegetarian, low-fat, and dairy-free selections every day on the salad bar. Offer as many different fresh ready-to-eat fruits and vegetables, legumes, and grain-based salads as possible among the salad bar selections, rather than salads prepared with mayonnaise, cheeses, or other fatty items.
2. **Remember: Fresh is best.** Whenever possible, prepare fresh rather than canned versions of fruits and vegetables for entrée, side dish, salad bar, and à la carte items. If possible, work with local suppliers of organic produce to set up an order and delivery system that meets your needs.

3. **Choose healthier versions of prepared food products.** Look for products made with organic ingredients, with less saturated fat, cholesterol, sodium, and sugar, and with no trans or hydrogenated fats.
4. **Make it vegetarian.** Offer tofu or seitan, a wheat-based meat alternative, instead of chicken, beef, or other meats in sandwiches, stews, stir-fries, and other hot entrées. Entice customers to try these healthier versions by making them daily specials when introducing them and by offering samples. Often it is very simple to offer healthier vegetarian selections alongside the typical meat-based dish. For example, fajitas can be made with seitan, grilled onions, peppers, and mushrooms; burritos with beans and rice instead of beef or chicken; grilled sandwiches with roasted peppers, eggplants, or a portobello mushroom instead of turkey or meatballs; and sliced baked tofu makes a great salad topping or cold sandwich filling. Veggie burgers, veggie dogs, and veggie chicken products stand up well next to their fattier meat counterparts.
5. **Serve a healthy, hearty vegetarian soup every day.** Start with common favorites such as vegetable, black bean, or split pea. As demand grows, add more varied or exotic soups. Try miso soup, spicy vegetable soup, and sweet potato and kale chowder.
6. **Offer soymilk or rice milk** and use them in recipes for creamy soups and with cereals so that your vegetarian, health-conscious, or lactose-intolerant customers will have healthy choices available each day.
7. **Keep high-fat add-ons optional.** Make cheese and other fatty or cholesterol-laden add-ons such as bacon, mayonnaise, croutons, eggs, and sour cream optional.
8. **Include beans on salad bars and offer a hot, healthy bean dish daily.** Kidney beans, chickpeas, three-bean salad, or spicy black-bean-and-corn salads make great salad bar offerings. In addition to soups, offer bean sides such as fat-free refried beans, black-eyed peas, vegetarian baked beans, and succotash prepared without lard, pork bits, or other added fats.
9. **Experiment with menu items from world cuisines.** Japan, China, Mexico, India, Thailand, and many other countries provide a wide variety of healthy entrée options that your customers will enjoy. Offer high quality, creatively prepared foods in the hospital setting. Great hospital food can also boost customer satisfaction with the hospital.
10. **Ask your customers.** Design a survey to find out what types of changes and food items your customers would prefer. Use this information to guide your changes. Evaluate the success of changes you implement by using customer surveys and purchase data.
11. **Offer nutrition information** and point out the healthiest entrées and side dishes at the point-of-purchase for your customers. List ingredients on menu cards for mixed dishes.

Hospitals should provide an optimal diet to Americans—one that not only meets basic nutrient requirements for most age and gender groups, but that also helps prevent the chronic diseases that are now commonplace. Demonstrating a higher nutrition standard will aid customers in making healthier choices. A menu that emphasizes plant-based foods over animal products and whole grains over refined grains has been repeatedly shown in scientific studies to provide the most disease-fighting protection of any dietary pattern. It is time to translate this scientific research into meals served in hospital cafeterias.

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Table 1. Healthier Offerings

Question	% Yes	% No	Don't Know
Is fresh fruit served daily?	96	4	---
Are fresh or cooked vegetable side dishes (not fried) available daily?	100	---	---
Are any organic ingredients used in food preparation?	16	72	12
Are reduced fat products such as skim milk, low-fat cheese, baked chips, or reduced fat snacks offered to customers daily?	100	---	---
Are low-fat entrées and side dishes such as baked potatoes, steamed rice, marinara sauce, steamed vegetables, and cereal offered to customers daily?	88	12	---
Is soy milk available daily?	28	72	---
Are 100% juices available?	88	8	4
Are any vegan dishes (made from only plant foods) served daily?	68	28	4
Are any bean dishes served daily?	44	48	8
Are whole-grain products offered daily?	88	8	4
Are sugar-free snacks offered?	80	16	4
Is information about healthy eating or nutrition provided in your dining area?	60	36	4
Is nutrient information available to customers for entrée items served?	52	48	---

Table 2. Menu Analysis

Survey #	Healthier Items Marked?	Daily Salad Bar	Daily Healthy Entrées	Healthy Entrées (in Weekly Menu)	Number of Healthy Side Dishes per Week	Number of Bean Dishes per Week
1	No	Yes	Deli bar	None listed	None listed	None listed
2	Yes	No	No	Vegetable lo mein (once a week) Baked potato bar (once a week)	9	4
3	No	No	No	Baked Potato bar (once a week)	10	1
4	No	Yes	*Deli bar with fresh fruit or pretzels as side *10 sandwiches, including Boca burgers.	Baked potato bar (once a week) Fajita bar (once a week)	13	1
5	Yes	No	No	Asian flare (once a week) Vegetarian butternut squash ravioli (once a week)	3	2
6	No	No	No	No	30	7
8	No	Yes	No	No	19	5
10	No	No	No	No	None listed	7
11	No	Yes	Daily specialty bar—Asian, vegetable, Mexican, potato	No	33	4
12	No	No	No	Vegetable lo mein (once a week) Boca burger (once a week)	16	6
14	No	No	No	No	None listed	1
15	Yes	No	No	No	20	1
16	No	No	“Oriental Express”—sushi, spring rolls, curry and stir-fry	Vegetable stir-fry (once a week) Make your own burritos (once a week)	12	4
19	No	No	No	No	17	0
20	Yes	No	No	No	20	1
23	No	No	No	No	2	1
24	Yes	No	No	No	23	2
25	Yes	No	No	Baked potato bar (once every two weeks)	23	3
26	Yes	No	No	No	20	0
19 surveys	7	4	4	6 offered healthy entrée 1-2 times per week	10 offered ≥14 times per week	4 offered ≥5 times per week

Table 3. Nutritional Analysis of “Healthy” Entrée Recipes

Recipe Name	Score	Kcals	% kcal fat	% kcal sat fat	Chol (mg)	Sodium (mg)	Fiber (g)
Cream of Potato Soup	2	126	39	10	4	507	1.2
Baked Chicken	1	293	51	14	108	264	0
Chicken Provençale	1	307	49	14	108	377	0.7
Chicken Cacciatore	1	311	51	14	108	392	0
Country Baked Chicken	3	223	30	8	74	95	0.5
Chef Marco's Herb Chicken Breast	1	241	37	9	74	1450	0.9
Chicken Française	2	274	17	5	84	877	1.1
Spicy Grilled Chicken	2	182	32	7	68	252	0.2
Chicken Florentine	1	296	32	13	90	332	1.5
Oven-Roasted Vegetables	4	27	11	3	0	219	1.2
Moroccan Garlic Chicken with Couscous	0	457	39	10	112	781	2.9
Chicken Strips	3	160	21	6	68	100	0.6
Sesame Chicken with Broccoli	3	394	20	4	69	652	4.2
Baked Fish	3	186	29	5	62	294	0.6
Boca Burger	4	216	18	3	0	728	4.7
Pork Carnitas	1	353	53	19	109	361	0.5
Asian-Marinated Roast Pork Loin	0	376	43	15	96	615	0.2
Finger-Lickin' Baked Chicken	3	219	19	5	84	166	0.5
Meatloaf	0	322	52	20	155	416	0.3
Grilled Lemon Sage Chicken Breast	2	176	32	8	73	167	0.6
Herb-Baked Chicken	1	187	38	10	74	61	0.2
Mean		253.6	34	10	77	433.6	1.1
Minimum		27	11	3	0	61	0
Maximum		457	53	20	155	1450	4.7

HEALTHY HOSPITAL FOOD INITIATIVE QUESTIONNAIRE

Thank you for agreeing to participate in this survey and for helping all of us become change agents for healthier food in hospitals. The information you provide will help Spirit of Women in conjunction with the Physicians Committee for Responsible Medicine (PCRM), a non-profit organization that promotes preventive medicine through healthy eating, and ADinfinitem, a communications group promoting the healthy hospital initiative, to identify areas of excellence in hospital food service and potential needs for improving the nutritional value of foods served in hospitals.

Your name and hospital or health system information will be removed from the questionnaires by Spirit of Women staff and will be kept confidential. Identifying information will not be included when surveys are submitted to PCRM for analysis.

1. Please answer the following questions about your hospital or health system:

A. How many beds does your hospital or hospital system have? _____

B. In what state is the hospital or hospital system located? _____

C. Is it in an urban, suburban, or rural area? _____

D. How many cafés/cafeterias/snack bars (excluding fast-food restaurants) are in your hospital or health system? _____

E. Are there any fast food restaurants or snack bars at your hospital or health system? (Please do not include vending machines.) Please circle one: Yes No

If yes, please specify by name and indicate number of each:

2. Please answer the following questions about the main or busiest eating establishment in your hospital or hospital system:

A. Please indicate if your main or busiest full-service eating establishment is a café, cafeteria, or snack bar. _____

B. Please describe the top three selling entrée items in your main or busiest eating establishment.

1. _____

2. _____

3. _____

C. Please circle the appropriate answer for each of the following questions:

- | | | | |
|--|-----|----|------------|
| a. Is fresh fruit served daily?..... | Yes | No | Don't Know |
| b. Are fresh or cooked vegetable side dishes
(not fried) available daily?..... | Yes | No | Don't Know |
| c. Are any organic ingredients used in food preparation?.. | Yes | No | Don't Know |
| d. Are reduced fat products such as skim milk,
low-fat cheese, baked chips, reduced fat snacks offered
to customers?..... | Yes | No | Don't Know |
| e. Are low-fat entrees and side dishes, such as baked
potatoes, steamed rice, marinara sauce, steamed
vegetables and cereal offered to customers daily?..... | Yes | No | Don't Know |
| f. Is soy milk available?..... | Yes | No | Don't Know |
| g. Are 100% juices available?..... | Yes | No | Don't Know |
| h. Are any vegan dishes (made from only plant-foods)
served daily?..... | Yes | No | Don't Know |
| i. Are any bean dishes served daily?..... | Yes | No | Don't Know |
| j. Are whole-grain products offered?..... | Yes | No | Don't Know |
| k. Are sugar-free snacks offered?..... | Yes | No | Don't Know |
| l. Is information about healthy eating or nutrition provided
in your dining area?..... | Yes | No | Don't Know |
| m. Is nutrient information available to customers for
entrée items served?..... | Yes | No | Don't Know |

3. Please also provide the following information:

A. This is very important:

Please attach a copy of an actual daily menu from each eating establishment in your hospital or health system.

B. Please attach a recipe for one of the healthiest entrée menu items available from your main or busiest eating establishment.

C. Please provide a copy of a typical purchase requisition form (cost information not needed). Please include the amounts and variety of foods ordered.

*THANK YOU FOR YOUR PARTICIPATION
And for supporting this healthy hospital food initiative*