

## **R&DE Stanford Dining Nutrition Ethos**

*R&DE Stanford Dining is committed to supporting the welfare of the campus community and enhancing the development of lifelong eating practices that promote wellbeing and healthy eating behaviors. These ethos are a testament of our values and will serve as a guide to drive continuous positive improvement in our department and to work together with a variety of co-creators (students, staff, faculty, customers, suppliers, distributors and other stakeholders).*

### **We believe in using real, minimally processed ingredients**

We aim to source and serve predominately whole and minimally processed food that has retained the core of its inherent nutritional properties. We also seek to eliminate the use of highly processed or artificial foods and products with commercially introduced additives that are potentially harmful to human health according to relevant nutrition science. Utilizing the most nutrient dense ingredients available is essential for supporting our efforts to optimize the health and wellbeing of our campus and greater community.

In alliance with the Menus of Change principles “Focus on Whole, Minimally Processed Foods” and “Make Whole, Intact Grains the New Norm” we consistently utilize fresh fruit and vegetables, all-natural meat and poultry, expeller pressed oils and whole-intact grains in our menus.

### **We prepare food in ways that maximize flavor while preserving and enhancing healthfulness**

We understand that how a food is prepared is just as important as the quality of the ingredients used to prepare it. We emphasize methods of preparation that augment the inherent nutritive properties of our ingredients and develop recipes which provide enhanced nutritional benefit (ex: experimenting with fermented foods, roasting vegetables with oil to improve nutrient absorption, seasoning with more herbs and spices, etc.). Through the Stanford Flavor Lab we work to redefine conventionally “unhealthy” flavors and eating experiences (excessive use of salt and sugar, deep frying, introducing heavily processed ingredients) in ways that support both culinary and nutrition innovation.

In alliance with the Menus of Change principles “Choose Healthier Oils” and “Reduce Added Sugar” and “Cut the Salt” we limit deep fried options and consciously prepare foods with less salt, sugar and animal fat.

### **We promote consumption of a wide variety of colorful, seasonal produce**

We promote consumption of fruit and vegetables at every eating occasion by serving a wide variety of colorful produce, served raw or prepared in delicious and appealing ways, with emphasis on purchasing in-season and local varieties. Consuming a “rainbow” of colorful produce increases the quantity and variety of nutrients and protective plant compounds (phytochemicals) in the diet, providing substantial health benefits including boosted immunity, enhanced academic and athletic performance, protection against many chronic diseases and improvement in overall vitality and wellbeing. Additionally, seasonal fruit and vegetables (preferably grown locally) are harvested closer to optimal ripeness which improves both the flavor and nutritional quality of the produce.

In alliance with the Menus of Change principles “Fresh and Seasonal, both Local and Global” and “Think Produce First” we work with local farms along with larger distributors to source peak-of-season fruit and vegetables that build the foundation of our menus.

### **We develop nutritionally balanced, nutrient-dense menus**

We make every effort to provide a wide variety of nutritious menu options daily with careful consideration of the diverse dietary needs of our community. When planning menus, we are conscious of offering dishes to accommodate those with dietary restrictions (food allergies, celiac disease, etc.) and preferences for religious or medical reasons. Using the Balanced Plate as a guide, we make certain that our customers have access to essential nutrients while ensuring that the majority of our menu is composed of foods which contribute positively to the body’s health and function. We are highly mindful when integrating foods with limited or no nutritional benefits in the menu, ensuring these foods are served infrequently and in moderation.

In alliance with the Menus of Change principles “Globally Inspired, Largely Plant-Based Cooking” and “Grow Everyday Options, While Honoring Special Occasion Traditions” and “Right Size Portions” we build plant-forward menus and provide education to diners around appropriate portions and balance of foods on their plate.

### **We value transparency and accurate communication regarding our food and operations**

We recognize that nutrition science continues to evolve and believe in providing informed and accurate information about our food to satisfy the changing dietary needs of our customers. We support access to and selection of safe and healthful foods and encourage questions and conversations about our food and how it was prepared. We avoid serving food that contains ingredients or allergens that may cause accidental oversight or confusion (ex: wheat in the salsa) and strive to build trust with our customers by accurately communicating dietary and allergen information on menus, signage and in direct conversation.

In alliance with the Menus of Change principle “Be Transparent” we label vegan, vegetarian and gluten free dishes along with identifying the top food allergens in our food across multiple communication channels. Staff and management are trained to assist diners with questions relating to ingredients and preparation, guiding them towards choices that best align with their dietary preferences or needs.

### **Prohibited Ingredients – Do Not Use (Red):**

- Artificial Colors
  - FD&C Blue Nos. 1 and 2
  - FD&C Green No. 3
  - FD&C Red Nos. 3 and 40
  - FD&C Yellow Nos. 5 and 6
  - Orange B
  - Citrus Red No. 2
  - Caramel Color
- Brominated Vegetable Oil (BVO)
- Butylated Hydroxytoluene (BHT) and Butylated Hydroxyanisole (BHA)
- Disodium dihydrogen-sodium EDTA
- Monosodium Glutamate (MSG)
- Polysorbate 60, 80
- Potassium Bromate (“Brominated” Flour)
- Potassium Sorbate
- Propyl Gallate
- Ractopamine
- Recombinant Bovine Growth Hormones (rBGH and rBST)
- Sodium and Potassium Benzoate
- Sodium Nitrates and Nitrites
- Trans Fats (Hydrogenated and Partially-Hydrogenated Oils)

### **Cautionary Ingredients – Use Minimally (Yellow):**

- Refined sugar and high-fructose corn syrup
- White flour and products made from white flour
- Processed meat products (bacon, sausages, hot dogs, salami, corned beef, beef jerkey, canned meat, deli meats)
- Refined, Bleached, Deodorized (RBD) oils (soybean, canola, palm, corn)
- Genetically Modified Foods (GMOs)
- L-Cysteine (E920) – not vegetarian, vegan, halal or kosher
- Artificial, heavily processed or chemically derived food additives
  - Preservatives – calcium propionate, sodium erythorbate, calcium sorbate, potassium sorbate
  - Sweeteners – sorbitol, mannitol, saccharin, aspartame, sucralose, acesulfame-K, neotame
  - Flavorings – artificial flavor
  - Flavor enhancers – hydrolyzed soy protein, autolyzed yeast extract, disodium guanylate or inosinate
  - Fat replacers – olestra, cellulose gel, carrageenan, polydextrose, modified food starch, microparticulated egg white protein, guar gum, xanthan gum, whey protein concentrate
  - Emulsifiers – Soy lecithin, mono- and diglycerides, polysorbates, sorbitan monostearate
  - Anti-caking agents – calcium silicate, iron ammonium citrate, silicon dioxide
  - Dough conditioners – ammonium sulfate, azodicarbonamide, L-cysteine
  - Firming agents – calcium chloride, calcium lactate