**American Society for Nutrition**

**Food and Beverage Nutrition Guidelines**

The American Society for Nutrition (ASN) is a not-for-profit, professional scientific society dedicated to bringing together the world's top researchers to advance our knowledge and application of nutrition science. ASN is committed to advancing nutrition research and knowledge to improve public health. ASN has more than 5,000 members from around the world, working throughout government, clinical practice, academia and industry, to conduct nutrition research that helps all individuals live healthier lives.

ASN has established nutrition guidelines that apply to all food and beverage being provided by ASN at all ASN-sponsored meetings, conferences, and events. These guidelines aim to promote healthy eating, which nutrition research has shown can aid in chronic disease prevention and improve one’s quality of life 1, 2. These food and beverage nutrition guidelines follow the nutrition recommendations found in the 2015-2020 Dietary Guidelines for Americans 3.

By making healthful food and beverage choices readily accessible and enhancing the overall food environment at ASN meetings, we hope to do our part to help ASN members and all attendees in their efforts to promote a healthy lifestyle and to serve as role models for all. The nutrition guidelines are just one contribution to enhance diet and health for attendees which adds to the overall success of ASN’s events by creating a positive and impactful food environment for all attendees.

**Preparation**

* Preparation methods may include: steaming, roasting, baking, stewing, sautéing, broiling, poaching, stir-frying, braising, microwaving, or grilling food.
* Frying should *not* be used as a preparation method.
  + Baked French fries or potato chips may be offered in place of regular (fried) French fries and potato chips as needed.
* Fruits and vegetables should be prepared with minimal salt, sugar, and fat, and should not be deep fried.
* Canned food items should be rinsed prior to preparation and serving to remove excess salt.
* Liquid vegetable oil should be used in place of butter for most food preparation.
* Olive oil or vegetable oil-based *trans* fat-free spreads and other condiments should be provided rather than butter.
* Non-fat (skim) or low fat versions of dairy products should be used in food preparation. Cream-based sauces and soups should be minimally used.

**Protein**

* Protein sources may include: lean meat, skinless poultry, seafood, fish, legumes, eggs, beans, nuts, seeds, cheese, and soy products.
* Lean, unprocessed meats are preferred. Processed meat products should be minimally used.
* A non-meat/vegetarian option should be provided with every meal.

**Fruit and Vegetables**

* A minimum of one fruit **and** one vegetable serving should be provided with every meal.
* Dried, fresh, frozen, or canned fruits and vegetables may be provided.
* Fruit should be provided as an option when dessert is provided. Fruit is also acceptable as the only dessert option.

**Grains**

* Grain examples include: bread, pasta, baked goods, and crackers.
* All grain products must be at least 50% whole grain.
* 100% whole grain products are preferred.

**Dairy Products**

* Dairy examples include:milk, sour cream, cream cheese, yogurt, and ice cream.
* All dairy products should be non-fat (skim) or low-fat.
* Unflavored (fat-free or low-fat) yogurt should be provided as an option when yogurt is provided.
* Flavored yogurt and other dairy products must have less than 20 grams of sugar per 6 ounce serving. Please verify sugar content even if the product says light or low-fat.
* Regular cheese may be provided, although reduced fat cheese is preferred.

**Dessert**

* Dessert is optional.
* Provide small or petite versions of desserts if/when available.
* Fruit should be provided as an option when dessert is provided. Fruit is also acceptable as the only dessert option.

**Beverages**

* Sugar-sweetened beverages should *not* be provided.
  + Sugar-sweetened beverages include: Regular soda/soft drinks, punch, lemonade, sweetened powdered drinks, sports or energy drinks, sweetened tea, or pre-made coffee drinks with added sugar.
* Water pitchers or a water cooler should always be provided.
* Diet soda, unsweetened coffee/ tea (hot or iced; caffeinated or uncaffeinated), 100% juice, skim or 1% milk, club soda, and sparkling water may be provided.
* Coffee/ tea stations may include half and half, regular cream, or whole milk, and sugar and sugar substitutes.

**Foodservice**

* Place salad, fruit, and vegetable options at the start of a buffet.
* Serve all sauces, spreads, salad dressings, and other condiments on the side.
* Label all foods on a buffet or station. Consider signage to point out healthy options (or highlight health benefits of different food options).

**Questions?** Please contact Sarah D. Ohlhorst, MS, RD, ASN’s Senior Director of Advocacy and Science Policy at [sohlhorst@nutrition.org](mailto:sohlhorst@nutrition.org) or 240-428-3647.

**References**

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3. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015. *2015–2020 Dietary Guidelines for Americans*, 8th Edition. http://health.gov/dietaryguidelines/2015/guidelines/