

K-State Research and Extension Healthy Foods Agreement

K-State Research and Extension (KSRE) supports and promotes positive employee health behaviors. Since heart disease, cancer and stroke – the top three causes of premature death in Kansas – are greatly affected by lifestyle choices, people are more interested in eating healthy, being more physically active, and managing stress more effectively.

In January of 2012, KSRE administration agreed that all activities, staff and volunteer meetings, events, and training – sponsored or supported by this organization – will include opportunities for healthy foods and beverages by:

- **Serving one or more of these healthful items in the right portions*:**

Fruits and/or vegetables – fresh, frozen, or canned fruits and vegetables; dried fruits; 100% fruit juices.

Fat-free and low fat dairy products – such as fat-free (skim) or low fat (1%) milk (also lactose-free); fat-free or low fat yogurt; low fat cheese; and calcium-fortified soy beverages.

Whole grains -- such as low fat whole grain crackers, bread, tortillas, pasta, and rice; whole-grain ready-to-eat cereal and oatmeal; low-fat popcorn and baked tortilla chips.

Lean and low fat protein foods – such as lean and low fat meat, poultry, eggs, seafood, beans and peas, processed soy products, nuts, and seeds.

Water

*Choose foods low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Source: <http://www.choosemyplate.gov/food-groups/>

- **Identifying healthy eating opportunities:**

Including identification of restaurants, caterers and other vendors where healthy food choices are readily available.

- **Providing encouragement from group leadership to enjoy healthy foods:**

Including promotion of healthy lifestyles; and modeling of healthy food choices by employees and group leaders.

K-State Research and Extension (insert Area/County/Dist):

