



Rush University Medical Center has food options for patients and visitors that encourage healthy choices. Retail food operations located throughout the Medical Center provide offerings aligned with the Dietary Guidelines for Americans, published by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture published [here](#). These guidelines strive to meet or exceed the standards below.

All daily food items have point-of-sale nutrition information, including a minimum of calories. Food allergen information is available.

In the West Side Food Hall > 10% of purchases are made locally within specified zip codes.

Disposables are eco-friendly as available.

## Proteins

- A variety of non-fried protein options are offered, including seafood, lean meats, eggs, legumes and nuts/seeds.
- At least two plant-based options (beans/peas, nuts, seeds, soy products) are offered daily. Plant-based options should be available at multiple food stations within the West Side Food Hall.
- A seafood option is offered daily.
- Daily entree offered that includes:
  - No more than 30 - 35% of calories from fat
  - Limited use of trans fats
  - No more than one entrée option is deep-fat fried
  - 600 mg. or less of sodium

## Grains

- Daily grain options are comprised of 50% whole grains (oatmeal, wild rice, barley, quinoa) and/or “whole grain-rich” products (at least 50% whole grain and enriched meal and/or flour mixture).

## Dairy

- A variety of low-fat dairy products or dairy alternatives, including milk, cheese, yogurt, fortified soy, almond milk and others are offered.
- One or more low fat/low sugar dairy beverages and yogurts are offered.

## Fruits

- A minimum of three fruit options are offered daily. Most fruit options are fresh, canned without added sugar, dried or frozen.
- Fruits offered are seasonal and locally sourced when possible.

## Vegetables

- At least three vegetable options are offered each day. Most vegetable options are fresh or frozen (raw or cooked).
- Vegetables that include no more than 230 mg. of sodium and no more than three grams of fat.
- Vegetables offered are seasonal and locally sourced when possible.

## Beverages

- Retailers are encouraged to ensure that 50% of beverages contain <40 calories per 8 ounces, including all of the juice, tea and flavored milk options.
- Non-caloric flavored water is offered.
- Only 20% or less of the beverages offered are energy drinks.

