

Magee-Womens Hospital
of UPMC

Dietary Department

300 Halket Street
Suite 1304
Pittsburgh, PA 15213
T 412-641-4620
F 412-641-4331

Dr. Karen A. Hacker, Director
Allegheny County Health Department
542 Fourth Avenue
Pittsburgh, PA 15219

Dear Dr. Hacker,

The Cafeteria of the Food and Nutrition Department at Magee-Womens Hospital of UPMC would like to be considered as a Live Well Allegheny restaurant. We have developed a three week rotating menu that is rich in a variety of offerings to meet many nutritional needs and promotes a healthy lifestyle. Our department is adequately equipped with the following resources, which we believe meet the criteria for becoming a Live Well Allegheny Restaurant:

1. Nutritional information is available for all menu items and posted at each station where each item is offered.
2. Our cafeteria adheres to the UPMC Dining Smart guidelines which promotes healthier menu items in all menu categories (*See enclosure*).
3. Half portions are offered when appropriate. Examples include pastas, casseroles and stir fries.
4. An assortment of vegetarian and vegan items are offered including vegetable and starch sides, soups, and salad bar offerings.
5. Alternate side dishes are offered in lieu of French fries, including side salads, fruit cups, celery/carrot sticks and hummus/pita.
6. The use of all animal fat has been reduced and cottonseed and olive/canola oil blends are used as our primary oil and fat sources.
7. Two low calorie salad dressings are offered daily on the salad bar as well as a variety of light and low fat salad dressing packets for our packaged salads.
8. Skim milk is offered as a condiment for our hot beverages, as well as a variety of low calorie sweeteners.
9. Our fountain beverage offerings are limited and are available in an 8oz. size, which is not free of charge to refill and we offer a limited selection of bottle soda.
10. Bicycle storage is available in several locations around the hospital property.
11. We participate in several annual campaigns that promote a healthy lifestyle such as Go Red to promote heart health, the annual UPMC Weight Race to encourage weight loss, and the Steeler's cooking demonstration for breast cancer awareness, which highlights healthy eating for breast cancer survivors.
12. Magee-Womens Hospital maintains gardens on site. Throughout the growing season, the harvest is utilized throughout our cafeteria menu and ingredients are identified as organic and Magee grown.

The Food and Nutrition Department at Magee-Womens Hospital of UPMC is committed to bringing quality food service to our guests and customers. We look forward to being given the opportunity to participate in the Live Well Allegheny program.

Sincerely,



Sarah Black
Retail Manager

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Eat Healthy with Dining Smart

April 8, 2015



Dining Smart is a UPMC initiative that supports healthy dining throughout our food service system. Look for the Dining Smart logo in UPMC dining and vending areas for healthy options in food, beverages, and snacks.

Dining Smart offers a variety of healthy selections along with consumer-targeted messages to encourage healthy dining. The green plate icon identifies menu items that meet the following nutrition standards:

- Hot entrées, entrée salads, and sandwiches have 400 calories or less.
- Soups, side salads, side dishes, snacks, and desserts have 220 calories or less.
- All items contain 35 percent of calories or less from fat.
- All items have 100 mg of or less cholesterol.

In vending machines, bright green plastic spirals highlight Dining Smart selections. The nutrition guidelines for Dining Smart vending machine items are:

- No trans fat
- 220 calories or less
- No more than 35 percent of calories from fat
- No more than 100 mg of cholesterol
- No more than 400 mg of sodium

An item that meets any three of the above is considered a Dining Smart selection if it also contains at least 10 percent of the daily recommended value of vitamin A, vitamin C, calcium, or fiber.

Most UPMC facilities offer Dining Smart now, and others are scheduled to roll out in the near future. Look for the logo, and dine with good health in mind!