

## HEALTHY BEVERAGE INITIATIVE

### PROJECT SUMMARY:

NewYork-Presbyterian is committed to putting patients first in everything we do. We recognize that consumption of sugar-sweetened beverages contributes to metabolic diseases and negatively impacts health outcomes. By adopting responsible beverage guidelines across our network, we aim to create a healthier food environment for our patients, their families and our staff and students. Through the Healthy Beverage Initiative, NYP will phase out the sale of sugar-sweetened beverages within its retail dining, vending machines, catering and on-site food vendors; this initiative will also encompass guidelines for the use of sugar-sweetened beverages in patient foodservice.

### ***How are sugar-sweetened beverages defined?***

Sugar-sweetened beverages are defined as a beverage with an added caloric sweetener which contains more than 25 calories per 8 ounces of beverage; **not** included are unflavored milk (whole, 2%, 1% and skim), unflavored fluid milk substitutes (soy, almond), cranberry juice, and 100% fruit juice.

Additional exceptions pertain to Patient Foodservice when clinically applicable – for example ginger ale or cola sodas with MD or RD approval, chocolate milk/cocoa, flavored fluid milk substitutes (soy, almond), therapeutically thickened liquids, infant formulas or medical foods/oral supplements (such as Ensure Plus, Glucerna etc...)

Sugar packets will continue to be available to patients, staff and students.

### ***What areas of NewYork-Presbyterian will be affected?***

- Retail Dining
- Catering
- Vending Machines
- On-site Food Vendors
- Patient Food Service/Floor Stock

*·Sugar-sweetened beverages will not be available to patients on the patient menu or in the nourishment center (with the exceptions listed above).*

### ***Will diet beverages be available?***

Yes. Diet beverages may be a useful transition step away from sugary drinks – but long-term consumption is not encouraged.

### ***When will this initiative be rolled out?***

The healthy beverage guidelines will take effect on April 1<sup>st</sup> 2017 at NewYork-Presbyterian Hospital, and in the months following at NYP's regional hospitals.

### ***Who can I contact for more information?***

Please email the NYPBeHealthy team at [nypbehealthy@nyp.org](mailto:nypbehealthy@nyp.org) with any questions.

*We recognize that sugar-sweetened beverages may be available through vendors in close proximity of our sites and we aim to be a role model to encourage the adoption of similar standards within the local community.*