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 சுவசிரிபாய
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சுகாதார, போசணை மற்றும் சுதேச வைத்திய அமைச்சு
Ministry of Health, Nutrition & Indigenous Medicine

General circular No: 01-24 / 2016

All Deputy Director Generals of Health Services
 All Heads of Institutions, Special Programmes and Campaigns

Guidelines on introduction of Healthy Food Menus at official meetings

It has been observed that food served at meetings is mostly rich in sugar, saturated fats and trans-fatty acids, salt and are also high in calorie value. Eating food of this nature is unhealthy and may lead to or worsen Non Communicable Disease Status of the participants.

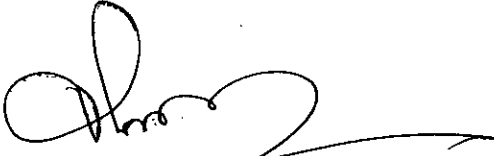
A recent study conducted at official meetings at the Ministry of Health, Nutrition and Indigenous Medicine revealed that, food served at meetings was unhealthy and it was revealed that, 30%, 24% and 16% of participants had Diabetes Mellitus, Hyperlipidaemia, and Hypertension respectively. This study also revealed that, most of the participants at meetings were not engaged in exercises due to their busy life styles. Most of them neither have planned their meals or calorie intake for a day nor were aware on their BMI. Therefore eats at meetings would be an additional calorie intake.

Considering the above, the Ministry of Health, Nutrition and Indigenous Medicine has taken a policy decision to encourage serving of healthier foods at meetings. In keeping with above, you are advised to follow the guidelines when deciding on menus and serving practices at meetings.

1. The organizers of the meetings may need to consider healthy food choices/menus which are low in calories, fat, salt and sugar to be served at meetings. The possible menus are annexed (annex 1).
2. It is preferred if the participants could be made aware of the calorie content of the food served. The calorie content of proposed food menus is annexed (annex 1).
3. The organizers of the meetings may offer water as an alternative to tea or drinks at every meeting.

4. If the organizers are providing tea or coffee, sugar must be served separately at all times.
5. Whenever possible food should not be served directly at the meetings venues but kept separately on a table near the meeting venue so participants can serve themselves according to their preferences.
6. Considering that there are very few healthy food suppliers, heads of institutions are encouraged to register healthy food suppliers.
7. Organizers are encouraged to show participants their concern for health and wellbeing.
8. The Ministry of Health, Nutrition and Indigenous Medicine appreciates the role taken by the Administrators, Managers and Leaders in bringing a significant change in eating practices at meetings.

You are hereby requested to circulate this guideline among all organizers of meetings in your departments.



Dr. P. G. Mahipala





Director General of Health Services

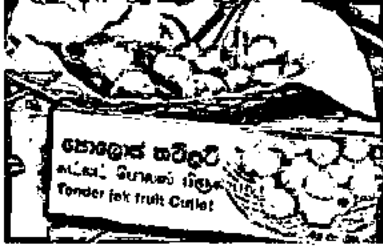
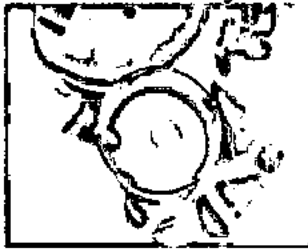
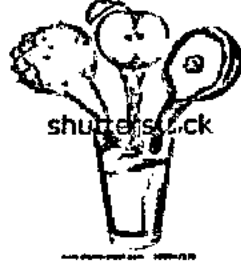
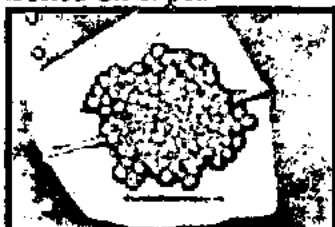
Ministry of Health, Nutrition and Indigenous Medicine





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Annex 01






Healthy food menus with their Calorie content




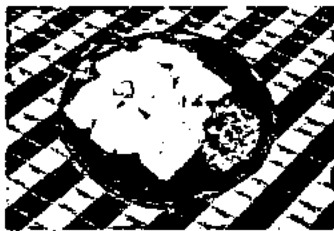
Menus	Calorie count of food items			Total Calorie content (Calories)
	Food Item	Portion size	Calorie content (Calories)	
Menu 1. Vegetable salad Boiled Carrot, Cauliflower and Baby Corn or Corn seeds, Fresh Gurkin and Tomatoes Green Tea	Vegetable salad 	1 small bowl ¾ cup, 3.7oz	17.0	17.0
	Green Tea (One tea bag – 0.1oz) 	1 cup	0.0	
Menu 2. Two Bran crackers Low fat yogurt	Bran cracker 	01 (0.2oz)	20.0	190.0
	Low fat yogurt 	01	150.0	



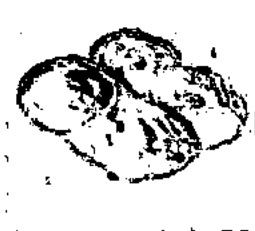

<p>Menu 3. Baked one cutlet (Soya or Polos)</p> <p>Fresh Melon fruit juice</p>	<p>Cutlet</p>  <p>Fresh Melon fruit juice</p> 	<p>01</p> <p>1 cup</p>	<p>80.0</p> <p>76.0</p>	<p>156.0</p>
<p>Menu 4. Mixed fruit juice without added sugar Papaw, Mango and Melon fruits, Lime and salt</p>	<p>Mixed fruit juice</p> 	<p>One glass</p>	<p>72.0</p>	<p>72.0</p>
<p>Menu 5. Boiled Chickpea with grated coconut and lunumiris</p> <p>Plain tea with Ginger and two Dates (No sugar)</p>	<p>Boiled Chickpea</p>  <p>Ginger Plain tea without sugar or milk</p>	<p>One small bowl (100g)</p> <p>One cup with 1oz ginger</p>	<p>164.0</p> <p>2.0</p>	<p>176.0</p>


Menus	Calorie count of food items			Total Calorie content
	Food item	Portion size	Calorie content	
Menu 8. Chick pea (tempered with onions and chillies) and small pieces of coconut served in a 250ml bowl with a spoon 100% fruit or vegetable juice served in 200ml glass (without added sugar or salt) optional Drinking water	Chick pea 	One small bowl (5.8 oz)	151.5	182.5
	Fruit/Vegetable juice 	One glass	31.0	
Menu 9. One egg hopper or two plain hoppers with Anamalu banana	Egg hopper 	01	110.0	259.0
	Anamalu Banana 	100g	89.0	

<p>Coffee served plain (with non-fat or low-fat milk and one tea spoon of sugar optional serve separately) 200ml serving</p>		<p>01 cup</p>	<p>60.0</p>	
<p>Menu 10. Two small Thosai (prepared with ulundu) and mixed vegetables served with coconut chutney</p> <p>200ml servings of traditional beverages – hot or cold Belimal, with 5g jaggary</p>	<p>Thosai</p>  <p>Belimal</p>  <p>Jaggary</p>	<p>01</p> <p>01 cup</p> <p>One small piece</p>	<p>120.0</p> <p>6.0</p> <p>6.0</p>	<p>252.0</p>
<p>Menu 11. Two slices of whole grain bread sandwiches filled with cheese, cucumber and tomatoe</p> <p>200ml serving of 100% Papaw fruit juice</p>	<p>Bread sandwiches</p>  <p>Papaw fruit juice</p>	<p>Two slices</p>	<p>140.0</p> <p>100.0</p>	<p>240.0</p>
<p>Menu 12. Fresh fruit 250ml bowl filled with pieces of apples, banana, uguressa,</p>	<p>Fruit salad</p>	<p>One small bowl</p>	<p>77.0</p>	<p>113.0</p>

<p>veralu, guava and nelli</p> <p>King coconut (iced or fresh) – 150ml</p>	 <p>King coconut water</p> 	<p>250ml</p>	<p>36.0</p>	
<p>Menu 13. Two idlis (made of ulundu) and served with coconut chutney</p> <p>200ml serving of flavoured tea (e.g. ginger tea, cinnamon tea, iced tea)</p>	<p>Idli</p>  <p>Flavoured tea</p> 	<p>01</p>	<p>51.0</p> <p>2.0</p>	<p>104.0</p>
<p>Menu 14. Two Parippu wade</p>	<p>Parippu wade</p> 	<p>01 (30g)</p>	<p>100.0</p>	<p>202.0</p>

Plain tea	Plain tea 		2.0	
Menu 15. Medium sized one Helapa (less sweat)	Helapa 	01	191.0	193.0
Plain tea without sugar (200ml)	Plain tea	12 fl oz	2.0	
Menu 16. One Ulundu wade – air fried (one per person) 200ml servings of traditional beverages – hot or cold Belimal, Ranawara, Coriander with 5g juggary	Ulundu wade 	01	103.0	115.0
Menu 17. Boiled few pieces of manioc with table spoon of pol sambol with lime than salt	Boiled few pieces of manioc and onion and coconut sambal 	100g	125.0 17.0	272.0
Tea without sugar	Tea without sugar	1 cup with 10ml skimmed milk	130.0	

				
<p>Menu 18. Small 2 inch diameter kurakkan roti with onion sambol with more lime (reduced salt)</p> <p>Plain tea without sugar</p>	<p>Kurakkan roti Onion sambol</p>  <p>Plain tea</p>	<p>01</p>	<p>106.0 7.0</p> <p>2.0</p>	<p>115.0</p>
<p>Menu 19. Raisin tea bun</p> <p>Green tea</p>	<p>Plain bun</p> 	<p>01 (99g)</p>	<p>176.0</p> <p>0.0</p>	<p>176.0</p>
<p>Menu 20. Fish bun</p> <p>Coconut water (immature)</p>	<p>Fish bun</p>  <p>One glass</p>	<p>01</p> <p>One glass - 100g (240ml)</p>	<p>716.0</p> <p>19.0</p>	<p>735.0</p>

					
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Source: Menus adopted by the booklet Eat @ Meets of college of community physicians