

CHIP Approved Restaurant Dietary Guidelines

The Complete Health Improvement Program (CHIP) provides the education, motivation, support and friendship needed to make lasting lifestyle changes. In the program, one of the main focal points is to improve the eating pattern that participants currently have and shift to a more plant based, whole food diet. The current western diet is at odds with the medical and scientific research that demonstrates clinical improvements when using the CHIP Optimal Diet plan. Please take a look at the contrast in dietary composition.

**The Western Diet/Day** **The CHIP Optimal Diet/Day**

Total Fats & Oils 80-120 grams (35-40 % of cal.) Under 45 grams (15-20 % of calories)

Sugar 35 teaspoons <10 teaspoons

Cholesterol 400 mg <50 mg

Salt 10-12 grams < 5 grams

Fiber 12 grams > 30 grams

In as little as 30 days, the CHIP Optimal Diet can begin to prevent, halt, and even reverse many of today’s “food born” diseases, including heart disease, hypertension, diabetes, and obesity.

*Source: “American Journal of Health Behavior 33(2) 2009”*

**Recipe Guidelines**

Recipes should adhere to CHIP approved dietary principles, which are promoted through CHIP and scientifically proven to provide healthy results for individuals who want to stop and reverse the above chronic diseases.

1. Use vegetables, legumes, whole grains (brown rice, barley, millet, quinoa, oats, etc.), soy product (tofu, tempeh, miso, and soy beans), seitan, gluten, nuts and seeds in place of poultry, fish, seafood, meat or other ingredients derived from these sources.
2. Use whole foods as much as possible (from plant sources) instead of other refined or processed foods.
3. Use soymilk, almond milk, oat milk, rice milk etc. to replace milk and other animal products (cheese, butter, cream, etc.).
4. Egg replacements such as silken tofu, mashed or pureed fruit, soy yogurt, ground flaxseeds, chia seeds, rolled oats, breadcrumbs, egg replacement powder, or baking powder plus lemon juice can be used in place of eggs. (Research shows that cholesterol from eggs is not helpful for people suffering with high cholesterol, thus CHIP encourages participants to refrain from the consumption of eggs).
5. Refrain from butter and if margarine is used, use sparingly (avoid margarines with partially hydrogenated soybean oil).
6. To lower the sodium in menu items reduced salt versions of food ingredients (e.g. reduced sodium soy sauce or tomato paste). Herbs can be used to flavor a meal and to replace some or all of the salt where possible.
7. Oils, and other coconut products are to be used sparingly because of their high fat content. Instead use nuts, seeds, and avocados (healthy, full of fiber, and delicious). Instead of frying make use of roasting, boiling, steaming, and sautéing foods using minimal oil.
8. Where extra sweetness is desired in a recipe, fruits are encouraged to be used rather than adding other sugars. Date puree as a sweet and healthy alternative. Honey and maple syrup are preferred over refined sugars, agave nectar, and corn syrup.
9. Use predominantly whole meal/whole grain flours and products whenever possible.

Per Meal Targets

* Total Fat: less than 15g per meal (1 tbsp of oil) (higher (~ 20g) is ok if coming from wholefood ingredients such as nuts/seeds/avocado)
* Saturated fat: less than 4g per meal
* Cholesterol and Trans-fat: 0g per meal
* Sodium less than 600mg per meal (~1/4 tsp salt)
* Sugar: less than 12g per meal (~1tbsp) (higher (~ 20g) is ok if coming from whole fruits rather than refined sugars)
* Fiber: at least 10-15g

If your cooks can follow these guidelines as much as possible for several menu items, we can promote your restaurant to our CHIP participants as a “CHIP Friendly” restaurant. In doing so you can help many of our community members improve their health!

Please contact me if you have additional questions, or need sample recipes: (insert your name and phone number here)

— A certified CHIP program facilitator.