Criteria to Identify Smart Moves Food
Be your best with foods that work for you, not against you.

A Smart Move is any item that earns a total of 1 or more points from the positive and negative nutrition and sustainability criteria system below.

Smart Moves do not contain hydrogenated oil nor are Smart Moves excessively high in saturated fat.

Positive Attributes: each item listed below earns one positive point.
1. Contains non-starchy vegetables and / or fruit, or a significant amount of herbs or spices (e.g. real pesto or red curry)
2. Contains a health-promoting fat (olive oil, canola oil, nuts, seeds, natural peanut butter, wild salmon)
3. Contains 3 g or more of dietary fiber per serving.
4. Foods that are 100% whole grain. This means all grains in the food item or recipe are whole grains.
5. The food is unprocessed or minimally processed.
6. Contains plant-based protein (beans, lentils, tofu, edamame, quinoa, amaranth).
7. Contains a significant amount of vitamin A or vitamin C.
8. Contains a significant amount of calcium or iron.
9. The main food item and/or herbs, spices or vegetables are local.
10. Contains certified USDA organic ingredients or antibiotic/hormone free animal products.
11. Seafood and fish are caught or farmed in an environmentally friendly manner.
13. The food item, be it plant or animal, is of heritage stock or heirloom varieties.

Negative Attributes: each item listed below earns one negative point.
1. Contains refined grains.
2. Excessive sodium content, >500 mg sodium.
3. Contains any added sugar.
4. Is high in saturated fat, >10% of calories from saturated fat.
5. Contains unhealthy oils (fried foods, foods with soybean oil, sunflower oil, corn oil or cottonseed oil).
6. Contains unhealthy food additives: artificial food colors, caramel coloring, the artificial sweeteners acesulfame-k, saccharine, or aspartame, sodium nitrate or sodium nitrite, and the preservatives BHT, BHA, propyl gallate, potassium bromate, and diacetyl.

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Positive Attributes: each item listed below earns one positive point.

1. Includes non-starchy vegetables and/or fruit, or a significant amount of herbs or spices (e.g. real pesto or red curry).
   
   This includes all non-starchy vegetables or fruits included in a menu item.

   EXCEPTIONS:
   • Sweetened fruits (e.g. dried sweetened cranberries)
   • Fruit juices that are not 100% fruit juice
   • Garnish

2. Contains a health-promoting fat:
   • Avocado
   • Canola oil
   • Flaxseeds and flaxseed oil
   • Grass-Fed and -finished beef (from cattle raised on grass throughout their lifetime)
   • Natural nut or seed butter
   • Nuts or seeds
   • Oily fish, such as salmon
   • Olive oil (including olive oil in a blend; not including olive pomace oil)
   • Olives
   • Peanut oil
   • Sesame oil

3. Contains 3 g or more of dietary fiber per serving.

4. Foods that are 100% whole grain. This means all grains in the food item or recipe are whole grains.
   • Whole grains: 100% whole grain bread, 100% whole wheat tortilla, 100% corn tortilla, brown rice, quinoa, oats, wild rice, corn flour, hulled barley, faro, amaranth, whole faro, whole kamut, spelt, buckwheat, kasha, 100% whole grain couscous, millet
   • Refined grains that do not count as whole grain: multi-grain, 12-grain, wheat bread, wheat tortilla, flour tortilla, enriched flour, wheat flour or wheat, rice, white rice, pearled barley, pearled faro

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5. The food is unprocessed or **minimally processed.**
   - Item contains no more than 5 non-whole food ingredients.
   - Whole, unprocessed ingredients are: spices, herbs, salt, water, and vinegar, fruit juice concentrate, fruit concentrate and cold-pressed, extra virgin olive oil, cultures, enzymes, honey and pure extracts.
   - Processed ingredients are: refined oils (all oils other than cold-pressed extra-virgin olive oil, which includes soybean oil, canola oil, cottonseed oil, peanut oil, olive pomace oil), oil blends, natural flavors, artificial flavors, artificial colors, preservatives, citric acid, inulin, lecithin and maltodextrin, added vitamins and minerals, added sugars (including sugar, sucrose, fructose, maltose, glucose, syrups, molasses), not-whole-grain flours, any variety of starch, alcohol.
   - The same additive does not need to be counted repeatedly. For example, if a recipe has calcium chloride in two ingredients, it only “counts” towards the total number of non-whole food ingredients once.

6. Item contains **plant-based protein:**
   - Beans, including dried, canned, rehydrated beans
   - Lentils, including dried, canned and rehydrated lentils
   - Whole soy (tofu, edamame, tempeh)
   - Quinoa, amaranth

7. Contains a significant amount (>20% of the adult RDA, per Daily Value) of vitamin **A or vitamin C:**
   - Vitamin A (20% = 1000 IU, based on 5000 IU =100%DV)
   - Vitamin C (20% = 12 mg, based on 60 mg = 100% DV)
   www.fda.gov/Food/GuidanceRegulation/GuidanceDocuments RegulatoryInformation/LabelingNutrition/ucm064928.htm

8. Contains a significant amount (>20% of the adult RDA, per Daily Value) of **calcium or iron:**
   - Calcium (20% = 200 mg, based on 1000 mg = 100% DV)
   - Iron (20% = 3.6 mg, based on 18mg = 100% DV)
   www.fda.gov/Food/GuidanceRegulation/GuidanceDocuments RegulatoryInformation/LabelingNutrition/ucm064928.htm

9. The main food item and/or herbs, spices or vegetables are **local.**
   - Food is locally grown and/or produced, within a 300 mile radius of Tucson
   - Contains herbs or vegetables grown locally, including the Student Union roof top garden, campus gardens, the UA Cooperative Extension gardens and the Community Food Bank of Southern Arizona.

+1 point means your choice is a SMART MOVE!

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10. Contains certified USDA organic ingredients or antibiotic/hormone free animal products
   • Food item comes with the certified organic label ensuring its quality.
   • Poultry and eggs are without prophylactic antibiotics.
   • Beef, yogurt, cheese and other dairy products are from animals raised without hormones and/or prophylactic antibiotics.

11. Seafood and fish are caught or farmed in an environmentally friendly manner.

Please reference: Monterey Bay Aquarium, www.seafoodwatch.org

   • Poultry and eggs are from free roaming birds, treated humanely throughout their lifespan and harvested in a humane manner
   • Animals are raised and harvested in a humane manner
   • Farmed fish are raised in a humane manner

   NOTE: Producer/rancher has been verified to be in compliance to the criteria.

Negative Attributes: each item listed below earns one negative point.

1. Contains refined grains.
   • Refined grain includes: wheat flour, enriched flour, starch used as main ingredient, white rice

2. Excessive sodium content, >500 mg sodium.

3. Contains any added sugar.
   • Added sugars: sugar, honey, any type syrup, sucrose, maltose, fructose, glucose, molasses

4. Is high in saturated fat, >10% of calories from saturated fat.
   • Example calculation: salmon: 3.6g sat fat x 9 kcals = 32.4 kcals from sat fat / 476 kcals in total recipe = .068 x 100 = 6.8% kcals from sat fat

   EXCEPTION: Items made with only healthy oils or sources of fat as classified in criteria #2. For example, a vinaigrette made with olive oil and/or canola oil and no other oils or sources of fat (e.g. cheese) would not get a negative point if the saturated fat content is >10%.

   NOTE: If an item contains >35% of the Daily Value for saturated fat then it cannot be a Smart Move.

5. Contains unhealthy oils (oils that are high omega 6 fatty acids or is a frying oil).

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- Soybean oil
- Sunflower oil
- Corn oil
- Cottonseed oil
- Frying oil used for repeated high-heat deep-frying

EXCEPTION: Cooking sprays

NOTE: If an item contains hydrogenated oil then it cannot be a Smart Move.

6. Contains any of the following additives:
   - Acesulfame-k
   - Artificial color
   - Butylated hydroxyanisole (BHA)
   - Caramel coloring
   - Olestra
   - Potassium bromate
   - Propyl gallate
   - Saccharine
   - Sodium nitrate
   - Sodium nitrite
   - Aspartame
   - Butylated hydroxytoluene (BHT)
   - Diacetyl

Please reference: the Center for Science in the Public Interest, www.cspinet.org/reports/chemcuisine.htm

The Smart Moves Food program was created by the Well University Partnership through a collaborative effort between the UA Student Union and nutrition experts from the UA Campus Health Service and UA Life & Work Connections.