

MechSE WELLness

N03 Refined Ingredients

Intent: Help individuals avoid highly processed foods and ingredients.

Poor diets are the second-leading risk for mortality and morbidity globally. Highly processed or refined foods contain many artificial ingredients, including added sugars, refined grains, and trans fats. Such features are associated with increased risk of heart disease, stroke, hypertension, diabetes, obesity, and tooth decay. The World Health Organization (WHO) recommends that children and adults reduce intake of added sugars throughout their lifetime and further suggests reducing consumption to less than 5% of total energy intake, which is about 25 grams of sugar per day for an adult.

Impact: By promoting whole grains, reducing sugar intake, and avoiding fried foods, individuals will be empowered to improve their health and well-being and reduce their contribution to the global burden of disease.

What are the requirements to earn this credit?

1. Due to enjoyment of various beverages and foods offered by the Illini Union / Starbucks, LUMEB cannot attain a complete win of this credit, as it requires that ALL beverages and food sold contain less than 25 grams of sugar. There goes the old-fashioned donut (No!).
2. Illini Union / Starbucks provides foods and beverages, which do not contain partially hydrogenated oils.
3. Illini Union / Starbucks avoids frying oils, but if so, will discard the oil before it reaches a level of total polar materials (TPM) greater than 24%.

How is MechSE accomplishing these requirements?

When seeking partnerships with prospective coffee shops for the LUMEB, Illini Union and Starbucks management were informed that we were pursuing WELL Certification. Each was provided a copy of all applicable credits. We discussed this credit at some length and decided that rather than impose this credit, we would leave the decision to each informed individual. Starbucks does not use partially hydrogenated oils any longer in the preparation of their food or beverage products. Perhaps via education, and additional scientific studies, more emphasis will be placed on re-shaping the Starbucks offerings to meet this credit entirely in the future.

