

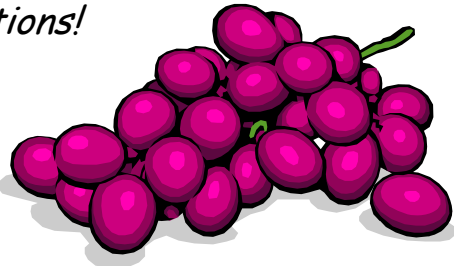
Healthy Meeting and Eating

So you're hosting a meeting? One of the questions on your mind is probably "What food/beverage will I serve that shows I care about their health?" Or maybe it sounds a bit more like "What's going to taste good and is also inexpensive?"

Here are some answers to these questions!

Breakfast foods

- Fresh fruit in bite-sized pieces
- Muffins--small or mini
- Flavored yogurt-- low-fat or fat-free
- Fruit bread--skip the butter or margarine
- Bagels-3½" or less, served with low-fat cream cheese, jam, or jelly
- Granola bars--low-fat-chewy or crunchy
- Flavored cereals as a finger food
- Hard boiled eggs
- Pre-packaged cinnamon applesauce



What do you mean fruits/vegetables?

- Apple or banana slices with peanut butter to dip or spread
- Washed grapes cut into small bunches of 6-8
- Pineapple and melon chunks
- Orange and kiwi wedges--unpeeled
- Vegetable coins--horizontally sliced cucumber, carrot, zucchini, yellow squash
- Jicama sticks (they're awesome!)
- Tangerines or Clementines—when in season
- Dried apricots, prunes, raisins, bananas, apples, melons, pineapples, papayas, cantaloupes, watermelons, pears, peaches, and strawberries



Snacks

- Raw vegetables--cut up and offered with a low-fat dressing for a dip
- Fresh fruit--cut up and offered with low-fat strawberry yogurt
- Pita wedges with flavored hummus or low-fat peanut butter
- Air popped popcorn sprinkled with cheese powder
- Reduced fat whole wheat crackers
- Baked tortilla chips offered with salsa dip
- Pretzels--served with sweet mustard dip
- Chocolate or confetti angel food cake
- Unfrosted cake cut in 2" squares
- Gingersnaps with pumpkin dip
- 2" oatmeal raisin cookies
- Whole grain crackers
- Flavored rice cakes
- Animal crackers
- Fig bars



Beverages

- Skim, 1% or flavored milk
- Coffee (regular or flavored)
- 100% fruit juice with calcium
- Bottled water flavored or regular
- Tea--regular or herbal--served hot or cold
- Skim or 1% milk as creamer for coffee or tea

Lunches and Dinners (Ask caterer for these options)

- Select a lower fat entrée (12-15 g fat or less)
- Offer a low-fat vegetarian entrée
- Avoid fried foods or cream sauces
- Include fresh fruit
- Have the desserts cut into half size pieces
- Include at least one vegetable--cooked or fresh
- Include whole grain bread--skip butter and margarine
- Serve salads with dressing on the side--offer one low-fat dressing
- Box lunch sandwich: meat, cheese, and vegetables on whole grain bread. Offer meal with fresh fruit, baby carrots or coleslaw, and flavored water or skim milk

