



## Healthier Foods at Meetings

Nearly everyone wants to eat better and avoid the extra calories that lead to weight gain or the sugar and fat that worsens heart disease and diabetes.

Get together and make some decisions about how your office or department will handle food.

### Ideas For Healthier Options at Mid-Morning or Afternoon Meetings:

#### Breakfast Meetings

- ▶ **Fresh fruit bowl or cut-up fruit plate**
- ▶ **Whole grain cereals**
- ▶ **Non-fat and light yogurts**
- ▶ **Mini bagels and reduced fat cream cheese**
- ▶ **Light Laughing Cow® or light string cheese**
- ▶ **Mini low fat muffins and jam**
- ▶ **Healthy "Egg-Muffin" sandwich with:**
  - o **100% whole wheat English muffin**
  - o **Canadian bacon or reduced fat bacon**
  - o **reduced fat cheese**
  - o **egg white omelet**
- ▶ **Water, 100% fruit juices**
- ▶ **Coffee and tea, decaffeinated and herbal**
- ▶ **Fat-free milk or soy milk**

#### Afternoon Meetings

- ▶ **Fresh fruit or fruit salad**
- ▶ **Sliced fresh veggies and low-fat dip**
- ▶ **Nuts and trail mixes**
- ▶ **Pretzels, reduced-fat crackers**
- ▶ **Mini muffins, bagels, or pitas**
- ▶ **Reduced fat cheeses or low-fat hummus**
- ▶ **Baked chips and low-fat dip**
- ▶ **Baked tortilla chips and salsa**
- ▶ **100-calorie pack crackers or cookies**
- ▶ **Air-popped popcorn**
- ▶ **Water, 100% fruit juices, diet soda**
- ▶ **Coffee and tea, decaf and herbal**

### Do you have to offer food?

***Think twice about whether or not it is necessary to offer food at meetings, especially mid-morning and mid-afternoon meetings. Help create a norm that food does not have to be the way we get people to attend.***

#### ***Bring your own.***

Encourage attendees to bring their own choice. Everyone will get exactly what they want--and it will save on costs. Supply the beverages only: a selection of coffee and teas, water, and 100% fruit and vegetable juices.

#### ***Energize your meeting.***

If you do provide food, offer only fruits and vegetables, or other light snacks. Fresh, light foods help participants stay alert and energized. Rich, fatty and sugar-laden foods can leave your participants sleepy and dull. In fact, consider active breaks at your meeting.

***CLICK HERE for active-breaks-at-meetings ideas.***

***CLICK HERE*** for suggested healthier options at lunch & dinner meetings, or receptions & appetizers, at catered meetings and special events.

