



# Healthy Options for Catered Meetings and Special Events

*Healthy eating is balanced eating. Healthy eating does not mean that everything you serve has to be low-fat, low-salt, low-sugar and high fiber. Just make sure that you offer more choices that are healthy and fewer choices that are not.*

*Healthy foods are beautiful, appetizing, delicious, and satisfying. There are many healthy and tasty options for foods and beverages at special events. Resolve to offer at least some healthier options:*

- ▶ Fruits and vegetable plates with low fat dips are healthy and beautiful. *(Grilled and roasted vegetables are so tasty they don't need butter or sauces.)*
- ▶ Baked, roasted or grilled meats and fish are delicious alternatives to fatty and cheese-laden casseroles and lasagna. *(Avoid breaded, fried, and —stuffed main dishes. Try a vegetarian entrée.)*
- ▶ Offer smaller portions of rich entrees, appetizers and desserts. *(This cuts down on calories and fatt—and—mini portions can be fun and attractive.)*

CHOOSE . . .	INSTEAD OF . . .
For Beverages	
▶ water- (plain spring water or flavored carbonated w/o sugar), ▶ coffees or teas, including decaffeinated and herbal teas ▶ 100% fruit or vegetable juices	▶ soda pop ▶ fruit flavored drinks
▶ low-fat or skim milk	▶ whole or 2% milk
For Breakfasts	
▶ fresh fruits, dried fruits, ▶ unsweetened juices	▶ sweetened canned fruits ▶ juices
▶ non-fat or light yogurt	▶ regular yogurt
▶ small bagels – 3-1/2” or smaller	▶ regular bagels
▶ small or mini muffins – 2-1/2” or smaller	▶ regular or large muffins
▶ 100% whole grain bagels or muffins ▶ low-fat, whole grain and nut granola bars	▶ croissants, donuts, sweet rolls, pastries
▶ toppings of light trans-free margarine or butter ▶ low-fat cream cheese	▶ regular butter ▶ margarines with trans fat
▶ jam or jelly ▶ nut butters like almond or peanut butter	▶ regular cream cheese
▶ unsweetened cold cereals ▶ instant hot cereals (no sugar added)	▶ sweetened cereals ▶ flavored and sweetened instant hot cereals
▶ whole grain waffles and French toast	▶ waffles or French toast made from white bread
▶ lean ham or Canadian bacon ▶ vegetarian sausage or bacon substitutes	▶ bacon or sausage
For Lunches or Dinners	
▶ salads with dressings on the side	▶ salads with added dressing
▶ low-fat or fat-free salad dressings	▶ regular salad dressings
▶ soups made with vegetable puree or skim milk	▶ soups made with cream or half and half
▶ pasta, vegetable or tofu salads with low-fat dressing	▶ salads made with mayonnaise or cream dressing
▶ sandwiches on 100% whole grain bread, pita, or wraps	▶ sandwiches on croissants or white bread
▶ lean meats , poultry, fish, tofu ▶ low-fat cold cuts (3 g fat/oz) ▶ water-packed tuna or salmon	▶ high-fat meats (such as ribs or brisket), poultry with skin ▶ high fat cold cuts, salami, pepperoni, sausage, bacon ▶ oil-packed tuna or salmon
▶ grilled, baked, or broiled meat, poultry, or fish	▶ fried meats
▶ marinated meats, poultry, or fish	▶ rich cream and cheese sauces or gravies
▶ low-fat cheeses (less than 6 grams of fat per ounce)	▶ regular cheeses
▶ tomato-based sauces	▶ cream, butter or cheese sauces
▶ baked potatoes with low-fat or vegetable toppings	▶ baked potatoes with butter, sour cream, and bacon bits
▶ steamed vegetables	▶ cooked vegetables in cream sauce or butter
▶ 100% whole grain breads or rolls	▶ croissants or white rolls
▶ margarine without trans-fatty acids	▶ margarines with trans fat
▶ mustard, catsup, and light mayonnaise	▶ regular mayonnaise or rich sauces
▶ lower fat and calories desserts: fresh fruit, fruit ▶ salad, low-fat ice cream, low-fat frozen yogurt, sherbet, sorbet, angel food cake with fruit topping	▶ higher fat and calories desserts: ice cream, ▶ cheese cake, pies, cream puffs, large slices of cake, fruit tarts, pie, cobbler
Appetizers or Snacks for Receptions	
▶ fresh vegetables, cut up ▶ low-fat dressing, salsa or tofu dip ▶ cut up fresh fruits and vegetables	▶ tempura or deep fat fried vegetables ▶ creamy high fat dressings or cheese dips ▶ chips or cookies
▶ low-fat, lite popcorn (5 g fat or less/serving)	▶ regular popcorn or buttered popcorn
▶ whole grain crackers (5 g fat or less/serving)	▶ regular crackers
▶ dips made of salsa, low-fat cottage cheese, hummus or low-fat salad dressings	▶ dips from regular mayo, sour cream, cream cheese or cheese sauce
▶ baked or low-fat chips, pretzels (less than 7 grams of fat per oz)	▶ regular chips
▶ grilled or broiled chicken brochettes without skin	▶ fried chicken, chicken with skin
▶ miniature fruit or vegetable kebabs	▶ kebabs w/chicken liver, bacon, or high fat meats, fatty BBQ ribs
▶ miniature meatballs made with lean meat	▶ large meatballs of high-fat meat, or served in gravy or high-fat sauces
▶ broiled or poached seafood: shrimp, salmon, scallops,oysters, clams	▶ deep fat fried seafood, seafood in high-fat sauces
▶ mushroom caps with low-fat bread-based stuffing	▶ mushrooms with high-fat cheese stuffing or marinated in oil
▶ miniature vegetable pizzas with tomato sauce and light cheese	▶ pizza with pepperoni, Italian sausage or other high-fat meats
▶ vegetable sushi rolls or vegetable spring rolls – fresh, not fried	▶ egg rolls or fried spring rolls
▶ small cubes of cheese (3/4” squares or smaller)	▶ large cubes of cheese
▶ raw or roasted, unsalted nuts	▶ salted nuts or sugar-coated nuts like beer nuts