



## Healthy Food at Work Tip Sheet

Many foods available at catered events and in cafeterias today are high in calories and fat and low in nutritional value. Here are some suggestions for choosing healthier items. Available food choices should aim for the following:

- Predominantly plant-based foods such as fruits, vegetables, whole grain breads, cereals and pasta.
- Moderate amounts of lean meats, skinless chicken, fish and reduced-fat dairy products (e.g. fat-free or low-fat milk, cheeses and yogurt)
- Little to no added fats in condiments, or low-fat versions when possible (e.g. fat-free mayonnaise, mustard, low-fat salad dressings)
- Preference for foods that are either fresh, steamed, stir-fried, lightly grilled, oven baked or poached. Fried foods should be kept to a minimum.

## Breakfast Choices

Here is a list of healthy options to choose from when putting together a breakfast meeting or options for employees to make on their own.

- Fresh fruit, cut up
- Muffins - small or mini
- Flavored yogurt - non-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
- Pre-packaged cinnamon applesauce

## Lunch and Dinner

Offer these light entrees and sides for your employees for lunch or dinner time meetings.

- Serve meat, cheese, and/or vegetables on whole grain bread
- Present assorted meat and grilled vegetable wraps
- Offer a vegetarian option
- Choose toppings of lettuce, sprouts, tomatoes, onions, pickles, mustard, catsup, low-fat mayonnaise
- Instead of chips and a cookie, offer sides of fresh fruit, baby carrots, and/or coleslaw
- Include bottled water or low-fat or skim milk
- Select a lower fat entrée (12-15 grams of fat or less)
- Offer a low-fat vegetarian entrée
- Avoid fried foods and cream sauces
- Include fresh or canned fruit
- Include at least one vegetable - cooked or fresh, with no butter or cream sauces added
- Serve salads with dressing on the side - offer at least one low-fat or fat-free dressing
- Include whole grain breads - skip the butter and margarine

- Choose lower-fat, lower-calorie desserts - fresh fruit with low-fat yogurt dip, low-fat ice cream or yogurt or sorbet, angel food cake with fruit topping
- Have the desserts cut into half-size pieces

## **Snacks**

Here is a list of healthy snack options to have available at mid-day meetings. Promote these options to employees as healthy alternatives during the workday.

- Raw vegetables - cut up and offered with a low-fat dressing or salsa dip
- Fresh fruit - cut up and offered with low-fat strawberry yogurt
- Canned fruit in light juice
- Wheat Thins or Triscuits - reduced fat, flavored or plain
- Whole grain crackers - low-fat
- Rice cakes, flavored or plain
- Baked tortilla chips with salsa dip
- Air popped popcorn sprinkled with cheese powder
- Whole wheat pita wedges with flavored hummus or low-fat peanut butter
- Pretzels - plain or served with sweet mustard dip
- Chocolate or confetti Angel food cake with fruit topping
- Unfrosted cake cut in 2" squares
- Gingersnaps - plain or with pumpkin dip
- 2" oatmeal raisin cookies
- Animal crackers
- Fig Newtons

## **Beverages**

Use the list below to find no calorie or low calorie beverages at snacks or meals during the workday.

- Ice water
- Bottled water, flavored or plain - with no added sugar
- 100% fruit or vegetable juices - avoid large-size bottles
- Skim or 1% milk
- Coffee - regular or flavored
- Tea - regular or herbal, served hot or cold
- Coffee/tea creamers of skim milk, 1% milk, or fat-free half & half

## **Fruits and Vegetables**

Use the list below to find out how to offer fruits and vegetables at every meal that are easy and affordable.

Whole apples, oranges, and bananas

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 tray with low-fat dip - carrots, cherry or grape tomatoes, broccoli, cauliflower, sliced red and green peppers

Vegetable coins - horizontally sliced cucumber, carrot, zucchini, yellow squash

Jicama sticks

Tangerines or clementines

Dried fruit - apricots, prunes, raisins, bananas, apples, melons, pineapples, papayas, pears, peaches

Fresh fruit salad with cantaloupe, watermelon, grapes, blueberries, strawberries