



HEALTHY FOOD GUIDELINES

*for Meetings, Concessions
& Other Events*

GUIDELINE 1

Offer healthy food choices at breakfasts, lunches, dinners and receptions.

There are many healthy options for tasty foods and beverages. When food and beverages are provided for events, offer food choices that are lower in fat and calories. Always offer fruits and vegetables.

GUIDELINE 2

Offer moderately sized portions.

Portion sizes have increased substantially in the United States and can contribute to added calories. Try to offer smaller portions of foods in general, such as mini muffins or mini bagels. If foods are high in fat, definitely serve smaller portions.

GUIDELINE 3

Consider not offering food at mid-morning or mid-afternoon meetings and presentations.

It has been proven that if food is provided we will eat it. We eat because it's there. Most of us are surrounded by food all day, every day. Many meetings provide food. With the increasing rates of overweight people, it is important to consider whether it is necessary to provide food at meetings and presentations, especially in the mid-morning and mid-afternoon.

We can help create a norm that food does not have to be present everywhere and does not have to be used to motivate people to attend events. While food is often provided at meetings for social reasons, it is important to increase the awareness that at mid-morning and mid-afternoon meetings food is not necessary. Consider offering only beverages or fruits and vegetables.

GUIDELINE 4

Always provide water at meetings and gatherings.

No matter what beverages are served, always provide water—ice water in a pitcher or bottled water. Water is healthier than any type of soda pop or juice drink. Water may be the only item served for certain meetings or events.

HEALTHY FOOD GUIDELINES

for Meetings, Concessions & Other Events

Companies, schools, hospitals, clubs... organizations of every type serve food at some time. Most Americans recognize that our food choices affect our health and as a result are looking for healthier food options.

There are many reasons for providing healthy food options.

- What we eat is linked to the leading diseases in the United States: type 2 diabetes, hypertension and stroke, coronary heart disease, and some types of cancer.
- Americans eat from 150-300 more calories a day now than they did 30 years ago, which may be one reason 64% of adults and 16% of students are overweight.
- Americans each diets high in saturated fat and low in fruits and veggies. They also eat highly refined carbohydrates, which are very low in fiber.

This booklet is designed to provide organizations and individuals with ideas for healthy food choices, whether it's breakfast, lunch, dinner or snacks at home, at a meeting, in a concession stand or at a catered event.



Healthy Food Suggestions

Beverages

- Ice water
- Bottled spring or sparkling water – regular or flavored with no sugar
- 100% fruit or vegetable juices – avoid large-size bottles
- Fat-free skim or low fat 1% milk
- Coffee and flavored coffees – regular and decaffeinated
- Tea – regular and herb teas; hot or cold
- Coffee/tea creamers or fat-free skim milk, 1% milk or fat-free half & half

Breakfast

- Fresh fruit
- Yogurt – flavored non-fat or fat-free
- Bagels – 3 ½" diameter or less; serve with low-fat or fat-free cream cheese, jam or jelly
- Muffins – small or mini (5 g fat or less/muffin)
- Fruit bread (5 g fat or less/ 1 oz slice) – skip serving margarine or butter
- Granola bars – low-fat (5 g fat or less/bar)
- Beverages listed above

Snacks

- Fresh fruit – cut up and offered with low-fat yogurt dip
- Raw vegetables – cut up and offered with fat-free or low-fat dressing or salsa
- Pretzels – served with sweet mustard dip
- Tortilla chips – baked and offered with salsa dip
- Popcorn – low fat (5 g fat or less/serving)
- Whole grain crackers – (5 g fat or less/1 oz serving)
- Angel food cake with fruit topping
- Beverages listed above



Healthy Food Suggestions

Lunches & Dinners

- Select an entrée with no more than 12 to 15 g fat
- Avoid fried foods or cream sauces
- Include fresh fruit
- Include at least one vegetable – fresh or cooked, 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 or margarine
- Choose lower fat/lower calorie desserts: cut up fresh fruit and offer a low-fat yogurt dip, low-fat ice cream or frozen yogurt, sherbet or sorbet, angel food cake with fruit topping
- Beverages listed above

Brown Bag Lunches

- Whole grain breads or pita wraps – prepared without butter, margarine, mayonnaise or salad dressing
- Meats, poultry or tuna fish – (3 g fat/oz)
- Cheese – 1 oz
- Toppings of lettuce, sprouts, tomatoes, onions, pickles, mustard, catsup, low-fat mayonnaise
- Pretzels or baked chips (1 g fat or less/1 oz serving)
- Fresh fruit

Tips for Selecting Foods Lower in Fat & Calories

- Use low-fat or fat-free preparation methods, such as serving dressings and condiments on the side and providing the number of calories and fat grams in entrées
- Select lower fat entrées – approximately 12 to 15 g fat or less
- Select items that are broiled, baked, grilled or steamed rather than fried or sautéed
- Choose entrées in tomato-based sauces rather than cream, butter or cheese sauces
- Include fresh fruit
- Include at least one vegetable – fresh or cooked, with no butter or cream sauces added
- Include whole grain breads – skip the butter or margarine
- Choose lower fat/lower calorie desserts: cut up fresh fruit and offer a low-fat yogurt dip, low-fat ice cream or frozen yogurt, sherbet or sorbet, angel food cake with fruit topping



Comparisons of Food & Beverage Options

Choose...

For Beverages

bottled water – plain spring water or flavored carbonated water with no sugar, coffees or tea, 100% fruit or vegetable juices

low-fat 1% or fat-free skim milk

For Breakfasts

fresh fruits, dried fruits, unsweetened juices

low-fat yogurt

small bagels – 3 ½" or smaller

small or mini muffins – 2 ½" or smaller

small bagels, mini muffins or low-fat granola bars

toppings of light margarine, low-fat or fat-free cream cheese, jam or jelly

unsweetened cereals

whole grain waffles and French toast

lean ham or Canadian bacon, vegetarian sausage or bacon substitutes

For Snacks

cut up fresh fruits and/or vegetables

whole grain crackers
(5 g fat or less/serving)

low-fat, "lite" popcorn
(5 g fat or less/serving)

baked or low-fat chips, pretzels

small slices of cake (2" square)

Instead of...

soda pop or fruit flavored drinks

whole or 2% milk

sweetened canned fruits and juices

regular yogurt

regular bagels

regular or large muffins

regular or large bagels, croissants, doughnuts, sweet rolls, pastries

regular butter, regular cream cheese

sweetened cereals

waffles or French toast made from white bread

bacon or sausage

chips or cookies

regular crackers

regular popcorn or buttered popcorn

regular chips

large slices of cake

Comparisons of Food & Beverage Options

Choose...

For Lunches & Dinners

salads with dressings on the side

low-fat or fat-free salad dressings

soups made with vegetable puree or skim milk

pasta salads with low-fat dressing

sandwiches on whole grain breads

lean meats, poultry, fish (3 g fat/oz)

baked potatoes with low-fat or vegetable toppings

steamed vegetables

whole grain bread or rolls

margarine without trans-fatty acids

lower fat and calorie desserts:
fresh fruit, low-fat ice cream, low-fat frozen yogurt, sherbet, sorbet, angel food cake with fruit topping

Instead of...

salads with added dressing

regular salad dressings

soups made with cream or half & half

pasta salads made with mayonnaise or cream dressing

sandwiches on croissants or white bread

high-fat and fried meats, bacon, poultry with skin, cold cuts, oil-packed fish

baked potatoes with butter, sour cream, and bacon bits

cooked vegetables in cream sauce or butter

croissants or white rolls

butter

higher fat and calorie desserts: ice cream, cheese cake, pies, cream puffs, large slices or cake



Comparisons of Food & Beverage Options

Choose...

For Receptions & Parties

fresh vegetables, cut up and served with low-fat dressing, or salsa

cut up fresh fruits

grilled or broiled chicken without skin

miniature meatballs made with lean meat (90% lean)

broiled or poached seafood: shrimp, salmon, scallops, oysters, clams

mushroom caps with low-fat cheese stuffing

miniature pizzas made with English muffins, tomato sauce, mozzarella cheese and mushrooms

vegetable spring rolls – fresh, not fried

small cubes of cheese ($\frac{3}{4}$ " squares or smaller); consider a lower fat cheese

whole grain crackers (5 g fat or less/oz)

low-fat, "lite" popcorn (5g fat or less/3 cups)

baked or low-fat chips/pretzels

dips made of salsa, low-fat cottage cheese, hummus or low-fat salad dressings

small slices of cake (2" square)

Instead of...

tempura or deep fat fried vegetables

fruit tarts, pie, cobbler

fried chicken, chicken with skin

large meatballs made of high-fat meat, meatballs served in gravy or high-fat sauces

deep fat fried seafood, seafood in high-fat sauces

mushrooms with high-fat cheese stuffing or mushrooms marinated in oil

pizza with pepperoni, Italian sausage or other high-fat meats

egg rolls

slices of cheese

regular crackers

regular popcorn

regular chips

dips made from regular mayonnaise, sour cream, cream cheese or cheese sauce

large slices of cake



Calories & Fat of Popular Food & Beverage Items

(Note: all amounts given for calories & grams of fat are approximate)

Beverages		Calories	Grams of Fat
Coffee Creamer (1 tablespoon)	fat-free skim milk	6	0
	half & half	20	2
Milk (8 oz carton)	fat-free skim milk	80	trace
	low-fat 1% milk	100	2.5
	reduced fat 2% milk	120	5
	whole milk	150	8
Regular Soda Pop	12 oz can	160	40 g sugar
	20 oz bottle	260	70 g sugar*

*This is more than 17 tsp sugar!

Breakfasts

Total recommended calories for breakfast = 300-400 calories (based on 2000 calories/day)

Bagels	3" (1.4 oz)	110	22 g carb
	4 ½" (4 oz)	320*	64 g carb

*This is the equivalent of 4 slices of bread!

Cream Cheese (2 tablespoons)	low-fat	60	4.5
	regular	100	10
Blueberry Muffins	small: 2 ½" diameter	165	7
	large: 3 ½"	580	30
Croissant	regular size	230	12
Apple Danish	regular size	260	13
Glazed Doughnut	regular size	240	14

Snacks

Chips (1 oz, about 12 chips)	baked/low-fat potato	120	3
	regular potato	150	10
	baked/low-fat tortilla	120	4
	regular tortilla	140	7
Pretzels (1 oz, about 12 pretzels)	regular size	110	1
Cookies (chocolate chip)	small: 2 ½"	50	2
	large: 4"	280	14
Cake (3" x 2 ¼" piece)	angel	130	trace
	white	190	5
	chocolate	200	8
	carrot	240	11

Calories & Fat of Popular Food & Beverage Items

(Note: all amounts given for calories & grams of fat are approximate)

Lunches & Dinners

Total recommended calories for lunch = 600-700 calories; 25 g fat or less (based on 2000 calories/day)

Total recommended calories for dinner = 700-800 calories; 30 g fat or less (based on 2000 calories/day)

		Calories	Grams of Fat
Sauces (½ cup)	marinara (tomato-based)	100	3
	alfredo (cream-based)	200	15
Salad Dressings (2 tablespoons)	fat-free	50	0
	regular	150	16
Chips (1 oz; about 12 chips)	baked/low-fat potato	120	3
	regular potato	150	10
	baked/low-fat tortilla	120	4
	regular tortilla	140	7
Pretzels (1 oz, about 12 pretzels)	regular size	110	1
Cheesecake (2" wedge)	bakery style	460	30* <small>*This is more than 7 tsp of fat!</small>
Ice Cream (½ cup)	regular vanilla	140	7
	premium vanilla	220*	14*
	(e.g. Haagen Dazs)		

*Other flavors are higher in fat/calories

Receptions & Parties

Salad Dressings (2 tablespoons)	fat-free	50	0
	regular	150	16
Pasta Salads (2 tablespoons dressing)	low-fat Italian	190	2
	regular creamy	350	22
Egg Rolls (1 – 3 ½ oz)	chicken	215	10
Spring Rolls (1 – 3 ½ oz)	vegetable, fresh - not fried	80	3
Buffalo Wings (1 mini chicken wing)	barbequed	85	6
Chicken Drumsticks (1 mini drumstick)	barbequed	85	6
Snack Crackers (1 oz – about 8 crackers)	reduced fat whole grain	120	4
	regular butter-flavored	160	8
Cake (3" x 2 ¼" piece)	angel	130	trace
	white	190	5
	chocolate	200	8
	carrot	240	11

For more information on choosing foods
and serving sizes that are right for you,
visit the following nutrition websites:

<http://MyPyramid.gov>

<http://www.healthierus.gov/dietaryguidelines>



Provided by:



Published by:

Young People's Healthy Heart Program
Mercy Hospital
570 Chautauqua Boulevard
Valley City, North Dakota 58072
701-845-6456
Email: Info@healthyheartprogram.com
www.healthyheartprogram.com

Adapted in part from University of Minnesota materials