

# Healthy Meetings

Establish a model of healthy living by the meetings you host. Offer healthy options of food and beverage. If meetings get lengthy, provide a quick physical activity stretch break.



## Breakfast foods

- Fresh fruit in bite-sized pieces or a bowl of fresh fruit
- Mini muffins or cut large ones in half
- Flavored yogurt-- low-fat or fat-free
- Fruit bread--skip the butter or margarine
- Bagels, small served with low-fat cream cheese, or fruit spread
- Granola bars
- Hard boiled eggs
- Pre-packaged cinnamon applesauce

## Snacks

- Raw vegetables--cut up and served 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
- Pretzels—regular or soft, served with sweet mustard dip
- Air popped popcorn sprinkled with cheese powder
- Baked tortilla chips offered with salsa dip
- Chocolate or confetti angel food cake
- Reduced fat whole wheat crackers
- Unfrosted cake cut in 2" squares
- Gingersnaps with pumpkin dip
- 2" oatmeal raisin cookies
- Whole grain crackers
- Flavored rice cakes
- Animal crackers
- Baked chips
- Trail mix



## Serve fruits and vegetables

- Apple or banana slices with peanut butter dip
- Washed grapes cut into small bunches of 6-8
- Pineapple and melon chunks
- Orange and kiwi wedges--unpeeled
- Vegetable coins-- sliced cucumber, carrot, zucchini
- Jicama sticks, carrots, fresh pea pods and green beans
- Seasonal fruits such as Tangerines or Clementines
- Dried apricots, prunes, raisins, bananas, apples, melons, pineapples, papayas, cantaloupes, watermelons, pears, peaches, and strawberries

## Lunches and Dinners

- 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 at least 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

## Beverages

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