

Take Charge of Your Health Challenge

Sedgwick County Health Department Worksite Wellness Program

Healthy Food Options...

Breakfast Suggestions...

- Fruit salad
- Whole fruit
- Low-fat yogurt
- Bagels with flavored low-fat spreads
- 100% fruit juice
- Mini cereal boxes with fruit
- Fruit bread or mini muffins
- Granola bars

Appetizer & Snack

Suggestions...

- Raw vegetables with low-fat dip
- Pretzels, low-fat tortilla chips, low-fat potato chips, low-fat popcorn
- Reduced fat cheese assortment with low-fat crackers
- Low-fat baked tortilla chips, bean dip and salsa
- Hummus and pita bread
- Baked artichoke dip made with low-fat mayonnaise with low-fat crackers
- Spinach dip made with low-fat mayonnaise and/or sour cream in a bread bowl

Salad Ideas...

- Mixed greens with low-fat dressing
- Fruit salad
- Spinach salad with mandarin oranges and toasted almonds
- Red potato salad with low-fat mayonnaise
- Tomato salad with onions, black olives, mint and oregano
- Three-bean salad
- Corn salad with red and green peppers
- Pasta salad with low-fat dressing

Dessert Options...

- Fresh fruit salad
- Fresh fruit with chocolate or caramel dipping sauce
- Oatmeal raisin cookies
- Frozen yogurt or low-fat ice cream
- Brownies made with applesauce instead of oil
- Angel food cake with fruit topping

Take Charge of Your Health



Sedgwick County...
working for you