

# Take Charge of Your Health

• • • Sedgwick County Health Department • • •

## Meeting Well

Using these suggestions can help you have a healthy meeting, training, or event.

*Having a morning meeting and need suggestions on some healthy food options:*

- Fresh Fruit
- Low-fat breakfast burrito
- Yogurt- low or non-fat
- Hard cooked eggs
- Whole wheat or multi-grain mini bagels - 3 ½" diameter or less (or cut regular bagels in half)
- Small muffins (2-2 ½ or smaller) - bran, oatmeal, or multi-grain (large muffins can be cut into smaller portion sizes)
- Fruit quick breads (i.e., oatmeal, banana, pumpkin) - cut into small pieces
- Whole grain toast or English muffins
- Offer low fat cheese, low fat cream cheese, peanut butter, jam or jelly
- Granola bars - low fat (5 grams of fat or less per bar)
- Low-fat granola

*What about lunch/dinner...healthy choices are listed below:*

- Salad with low-fat or fat-free dressing on the side
- Soups - vegetarian broth based or skim milk based (not cream)
- Pasta salad with low-fat dressing
- Sandwiches made with whole grain breads or wraps made with lean meats, low-fat cheese, low-fat condiments
- 2-3 ounce serving - lean meats, poultry, fish, tofu (3 grams fat/oz.)
- Steamed vegetables with herbs/lemon
- Whole grain rolls
- Fresh fruit, canned fruit in fruit juice or light syrup
- Include at least one vegetable - fresh or cooked (avoid cream sauces)
- Baked potatoes with low fat toppings (low-fat sour cream, low-fat plain yogurt, or salsa)
- When serving desserts, offer small serving sizes. Consider: angel food cake (2" square) with fresh fruit topping, low-fat ice cream or frozen yogurt.
- Boxed lunches/dinners - whole grain or pita bread or wraps prepared with low-fat mayonnaise lettuce, sprouts, tomatoes, onions, pickles, mustard, catsup; meats, poultry or marinated tofu (low-fat = 3 grams fat/oz); cheese, request fruit or veggies instead of chips; or if including chips request pretzels or baked chips (7 grams fat or less/oz)

*Need suggestions for a morning or afternoon meeting snack? Look below at all the ideas:*

- Consider whether it is necessary to provide food at the meetings, presentations, and seminars, especially mid-morning and mid-afternoon.
- Fresh fruit - cut up and offered with low-fat yogurt dip
- Tortilla chips - baked and offered with salsa dip
- Raw vegetables - cut up and offered with fat-free or low-fat dressing or salsa dip
- Pretzels, hot pretzels cut in pieces or baked chips (7 grams of fat or less per ounce)
- Low-fat cheese, string cheese

- Granola bars - low fat ( 5 grams of fat or less per bar)
- "Lite" popcorn (lightly salted)
- Whole grain crackers
- Dried fruit or trail mix
- Roasted nuts

*Having a catered event but still want to keep it healthy...look at the suggestions below:*

- Select an entrée with no more than 12-15 gram of fat
- Always offer a vegetarian entrée
- Avoid fried foods or cream sauces
- Fresh fruit - cut up and offered with low-fat yogurt dip
- Include at least one vegetable - fresh or cooked, with no butter or cream sauces added
- Choose lower fat/lower calorie desserts: low-fat ice cream or frozen yogurt, sherbet or sorbet, angel food cake with fruit topping

*Having a reception but still want to keep it healthy:*

- Raw vegetables salads marinated in fat-free or low-fat Italian dressing
- Raw vegetables - cut up and offered with fat-free or low-fat dressing, salsa or tofu dip
- Pasta, tofu, and vegetable salad with fat-free or low-fat dressing
- Fresh fruit - cup up and offered with low-fat yogurt dip
- Vegetable sushi rolls
- Vegetable spring rolls - fresh, not fried
- Low fat cheese slice or small cubes
- Reduced or low-fat whole grain crackers
- Salmon (poached or steamed, no breading)
- Lean beef or turkey - 1 ounce slices
- Miniature meatballs made with lean meat
- Mushroom caps with low-fat cheese stuffing
- Miniature pizzas made with English muffins, tomato sauce, mozzarella cheese, and mushrooms
- Roasted nuts
- Cake - cut into small 2" squares

*Beverages...*

- Ice water
- Water - bottled, plain, sparkling or flavored sparkling with no added sugar
- 100% fruit or vegetable juice, avoid large-size bottles
- Skim or 1% milk
- Coffee and flavored coffees - regular and decaffeinated
- Tea - regular and herb teas - hot and cold
- Coffee/tea creamer or skim milk, 1% milk or fat-free half & half

References:

Seattle King County Health Department  
University of Minnesota School of Public Health



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