

Healthy Eating in the Workplace



General Tips for Nutritious Catering

- Emphasize whole grains, fruit, vegetables, and nonfat or low fat dairy products.
 - Fruits and vegetables that are fresh are a better option
- Include skinless, lean meat or plant-based protein such as chicken, turkey, fish, eggs, beans, tofu, nuts, and seeds.
 - Portion sizes for animal-based protein should be around 3 oz. or less
- Limit saturated fat, sodium, and added sugars.
- Use healthy cooking methods: steaming, grilling, baking, poaching, or sautéing with healthy fats like olive oil, canola oil, soybean oil.
- Provide non-fat, low-fat, low-sodium options when possible (e.g. fat-free mayonnaise, olive oil mayo, low-fat and low-sodium salad dressings)
- Support portion control by cutting sandwiches or bagels in half and providing smaller sized or bite sized food items

Healthy Choices For Each Meal

Breakfast

- Fresh fruit - fruit kabobs with yogurt dipping sauce
- Banana Pops - frozen bite-sized bananas covered in yogurt and granola
- Yogurt - can be flavored, non-fat or low-fat, Greek yogurt (make sure to minimize sugar content by opting for plain yogurt and flavoring it with fruit, nuts, or seeds)
 - Can offer a yogurt parfait bar
- Granola bars - can also offer homemade granola bars
- Whole grain cereal or granola with nonfat or lowfat yogurt or milk
- Eggs: hard-boiled, scrambled, omelets
- Small sandwiches with low-sodium deli meat like turkey, canadian bacon, or egg; low-sodium spread (e.g. hummus, greek yogurt spreads made with chives, dill, lemon)
- Oatmeal - plain oatmeal with fruit, nuts, and seeds
 - Can offer an oatmeal bar
- Nut butters - can go with fruit or whole grain bread

Lunch/Dinner

- Whole wheat flat bread pizzas – optimize veggies!
- Sandwiches on whole grain bread or flat breads or whole grain wraps:
 - Protein sources: chicken, turkey, beans, hummus, peanut butter
 - Cheese – keep portion to 1 oz
 - Vegetables: lettuce, spinach, tomatoes, arugula, onions, peppers etc
 - Condiments: mustard, olive oil mayonnaise, pesto, hummus etc
- Sliders made with turkey patties or lean beef and whole wheat buns
- Spreads such as pesto, hummus, greek yogurt, olive tapenades, roasted peppers
- Include sides of fresh fruit or vegetables such as baby carrots, celery, cucumbers
- Serve salads with dressing on the side - offer at least one low-fat or fat-free dressing (avoid creamy dressings which are higher in calories and fat content). Can also use salsa or lemon wedges to add flavor without added calories

Snacks

- Whole wheat pita chips or veggies with hummus
- Veggie tray with dip (ex. greek yogurt dip, salsa, hummus)
- Bruschetta
- Salsa/guacamole and corn tortilla chips – can include a bean, corn salsa
- Bread/cracker, cheese, and fruit platter
- Popcorn with homemade seasoning – onion powder, garlic powder, etc.

Dessert

- Choose lower-fat, lower-calorie desserts such as:
 - fresh fruit with low-fat yogurt dip
 - low-fat ice cream, yogurt, sorbet
 - angel food cake with fruit topping
- Mini desserts – cut desserts into half-size pieces; offer mini cookies or truffles
- Fruit slices with dips – caramel, chocolate, yogurt
 - Sliced apples with cinnamon
 - Sliced apples or bananas with caramel dip

Refreshments

- Water
 - Infused Water (strawberry and basil; blueberries and lemon; cucumber and lime)
- Sparkling Water – can also be flavored
- 100% Vegetable Juice or Fruit Juice
- Coffee
- Tea – hot or iced
- Milk – nonfat or 1%