

## MEETING WELL: Energize with healthier food choices!

Simple changes to your meal or snacks can provide meeting participants with power-packed, disease fighting nutrients and give them the energy boost they need to stay alert through the entire day!

### WHEN PLANNING YOUR EVENT, MAKE SURE TO HAVE:

- Options for those with special dietary needs (vegetarian, kosher, allergies)
- Fruits and vegetables at each meal
- A variety of low fat options
- A variety of food items over the course of the day
- Enough breaks throughout the event
- Plenty of water

### SUGGESTIONS FOR BEATING MEETING FATIGUE:

- Provide co-workers with information about nearby walking trails, fitness centers, sports complexes or provide a day pass to a nearby fitness center
- Organize a group walk during lunch or break
- Encourage others to take the stairs if possible
- Provide water and/or water bottles for meeting participants
- Organize a stretch break

### THINGS TO DISCUSS WITH YOUR CATERER:

- Timing of meals and breaks and variety of food options
- The possibility of smaller portions or mini items (muffins, assorted desserts, beverages etc.)
- Good Choice options for each meal/break served
- Seasonal options that make your event affordable (Fruit, vegetables, etc.)
- Your focus on healthier choices for you and your co-workers

## RECOMMENDED CHOICES

### BEVERAGES

- Bottled water or sparkling water—regular or flavored with no sugar
- 100% fruit or vegetable juices (in small sizes)
- Skim or 1% milk
- Coffees, regular and decaf (with nonfat creamer)
- Regular and herb teas—hot or cold (nonsweetened)
- If soda is a must, make diet and caffeine-free available

### BREAKFAST

- Whole or fresh cut fruit
- Yogurt—flavored nonfat or fat-free
- Small bagels (peanut butter, light cream cheese, low sugar jelly)
- Lower fat fruit bread or muffins (mini)
- Granola bars
- Whole grain cereals
- Single serving cottage cheese
- Hard-boiled eggs

### MEETING BREAKS

- Granola bars
- Trail mix (low fat)
- Whole or fresh cut fruit
- Light popcorn
- Baked chips or tortilla chips with salsa
- Raw vegetables with low-fat dressing
- Whole grain crackers w/string cheese
- Pita with hummus or baba ghanoush

### LUNCH

- At least one fruit and one vegetable
- Salads with dressings on the side (have low-fat options available)
- Whole grain breads, lean meats, and assortment of vegetable toppings (lettuce, tomato, sprouts, onions, etc.), light mayo or mustard for make your own sandwich stations
- Baked chips, pretzels or raw vegetables for the crunch factor

### DINNER

- Vegetable or broth based soups
- Salads served with dressing on the side
- Lean protein (poultry, salmon or other seafood, tofu)
- A variety of vegetables (at least 2 options)
- Whole grains (brown rice, whole wheat pasta, whole wheat bread)

### DESSERT

- Sorbet, sherbet, low-fat frozen yogurt with fruit toppings
- Assorted mini desserts
- Fresh cut fruit
- Smaller portion of cookies or brownies