

Guidelines

The following are a few suggested guidelines to help meeting planners choose nutrient-dense, lower-fat, lower-calorie foods and drinks, for events, gatherings, trainings, church suppers, fundraisers, luncheons, kids sports events, or any food-related event.

Food suggestions for breakfast: Fresh fruit; Low-fat breakfast burrito

Yogurt - low or non-fat; Hard cooked eggs

Whole wheat or multi-grain mini bagels (or cut regular bagels in half); Small muffins (2-1/2" or smaller) - bran, oatmeal, or multi-grain (large muffins can be cut into smaller portion sizes); Whole grain toast or English muffins

Fruit quick breads (i.e., oatmeal, banana, pumpkin) - cut into small slices

Offer low-fat (LF) cheese, LF cream cheese, peanut butter, jam or jelly

Granola bars - low fat (5 grams of fat or less/bar); Low-fat granola

Food suggestions for lunch/dinner:

Salad- 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 and breads; Fresh fruit; canned fruit in water or fruit juice; 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; meats, poultry or marinated tofu (low-fat = 3 g fat/oz); low-fat cheese, request fruit or veggies instead of chips; or if including chips request pretzels or baked chips (7 g fat or less/oz).

Food suggestions for snacks (am/pm): Consider whether it is even necessary to provide food, especially mid-morning and mid-afternoon. In America, we are "surrounded" by food almost all day, every day.

Fresh fruit; raw vegetables - if providing, choose non-fat, low-fat dips or salsa; pretzels; hot pretzels cut in pieces, or baked chips (7 grams of fat or less/ounce); low fat cheese, string cheese; Granola bars - low fat (5 grams of fat or less/bar); "Lite" popcorn (lightly salted); whole grain crackers; dried fruit or trail mix; roasted nuts

Beverages: Water -- plain, sparkling or flavored with no added sugar; coffee, tea (offer decaf) - served with nonfat or 1% milk; nonfat (skim) or 1% white milk; 100% fruit or vegetable juice (4-6 ounce portions).