

Tips for implementing the Food and Beverage Guidelines

Some suggestions for foods and beverages include the following:

BEVERAGES

- Ice water
- Bottled spring or sparkling water – regular or flavored with no sugar
- 100% fruit or vegetable juices – avoid large-size bottles
- Skim or 1% milk
- Coffee and flavored coffees – regular and decaffeinated
- Tea – regular and herb teas – hot or cold
- Coffee/tea creamers of skim milk, 1% milk or fat-free half & half

SNACKS

1. Consider offering only beverages at mid-morning and mid-afternoon meetings.
See "Beverages list"
2. Choose one or both of the following
 - Fresh fruit – cut up and offered with low-fat yogurt dip
 - Raw vegetables – cut up and offered with fat-free or low-fat dressing or salsa dip
3. If desired and budget allows add one or more of the following:
 - Pretzels – served with sweet mustard dip
 - Tortilla chips – baked and offered with salsa dip
 - Popcorn – lower fat (5 g fat or less/serving)
 - Whole grain crackers – (5 g fat or less/serving)
 - Angel food cake with fruit topping
4. Choose a selection of beverages from "Beverages" list

BREAKFAST MEETINGS

1. Start with fresh fruit.
2. If desired and budget allows add
 - Yogurt – flavored non-fat or fat-free and/or choose one or more of grains (whole grains if available).
 - Bagels – 3-1/2" diameter or less; serve with low-fat cream cheese, other low-fat spreads, jam or jelly

- Muffins – small or mini (5 g fat or less/muffin)
 - Fruit bread (5 g fat or less/1 oz slice) – skip serving with butter or margarine. Consider toppings of low-fat cream cheese, other low-fat spreads, jam or jelly.
 - Granola bars – low-fat (5 g fat or less/bar)
3. Choose a selection of beverages from "Beverages" list
 4. For full breakfast add one or more of the following:
 - unsweetened cereal*
 - whole grain waffles and French toast*
 - lean ham or Canadian bacon, vegetarian sausage or bacon substitutes
- *May be added or substituted for bagels and muffins etc.

CATERED LUNCHES & DINNERS

- Select an entrée with no more than 12 to 15 g fat
- Avoid fried foods or cream sauces; ask the caterer to use lower fat or fat-free preparation methods,
 - broiled, baked, grilled or steamed rather than fried
 - in tomato-based sauces rather than cream, butter or cheese sauces.
- Always offer a vegetarian entrée
- Include fresh fruit
- Include at least one vegetable – fresh or cooked, with no butter or cream sauces added
- Serve salads with dressing on the side – offer at least one low-fat or fat-free dressing
- Include whole grain breads – serve with low-fat cream cheese, other low-fat spreads, jam or jelly
- Choose lower fat/lower calorie desserts: cut up fresh fruit and offer with low-fat fruit yogurt dip, low-fat ice cream or frozen yogurt, sherbet or sorbet, angel food cake with fruit topping
- Beverages from "Beverages" list

See Tips for Implementing Guidelines food and beverages at meetings and Catered Events or http://www.ahc.umn.edu/ahc_content/colleges/sph/sph_news/Nutrition.pdf 10/20/2005

Box Lunch Sandwich Ideas (always include a vegetarian option):

- Whole grain breads or pita wraps – prepared without butter/margarine, mayonnaise/salad dressing
- Meats, poultry or marinated tofu – low-fat (3 g fat/oz)
- Cheese – 1 oz
- Toppings of lettuce, sprouts, tomatoes, onions, pickles, - on the side - mustard, catsup, low-fat mayonnaise
- Fresh fruit
- Pretzels or baked chips (7 g fat or less/oz) or small portion dessert
- Choose a selection of beverages from “Beverages” list



CATERED RECEPTIONS

- Fresh fruit – cut up and offered with low-fat yogurt dip
- Raw vegetables – cut up and offered with fat-free or low-fat dressing, salsa or tofu dip
- Raw vegetable salads marinated in fat-free or low-fat Italian dressing
- Pasta, tofu, and vegetable salads with fat-free or low-fat dressing
- Vegetable spring rolls – fresh, not fried
- Vegetable sushi rolls
- Cheese – cut into 3/4” squares or smaller
- Whole grain crackers – 5 g fat or less/serving
- Salmon (poached steamed, baked or grilled, no breading)
- Lean beef or turkey – 1 oz slices
- Cake – cut into small 2” squares
- Angel food cake slices with fruit topping
- Beverages from “Beverages” list