

# Serving up *Healthy Eats* when you *Meet*

## Quick Tips to Offering Healthier Food Choices

- Serve calorie-free drinks such as tap water, unsweetened tea, and seltzer water (add lemon or lime)
- Offer fruits or vegetables with every snack and meal
- Choose foods prepared with minimal fats and salts
- Use 100% whole grains



### BREAKFAST

#### INSTEAD OF SERVING:

#### CHOOSE TO SERVE:

Bagels with cream cheese

- Mini whole-wheat bagels with low-fat cream cheese

Pastries

- Low-fat yogurt, granola, and fresh fruit parfait
- High-fiber hot and cold cereals with low-fat milk and fresh berries or dried fruits

### ENTREES

Sandwiches on white bread

- Halved sandwiches on whole-wheat bread, with low-fat cheese and condiments on side

Fried chicken or fried fish

- 4 oz portions of skinless, baked chicken seasoned with herbs

Pasta alfredo

- Whole-wheat pasta with lightly sautéed vegetables

Spinach salad with bacon, hard boiled eggs, blue cheese topped with blue cheese dressing

- Spinach salad with chick peas, tomatoes, avocado, cucumbers, and low-fat cheese with low-fat vinaigrette on side

### SIDE DISHES

Vegetables prepared with salt and butter or cream sauces

- Vegetables roasted or steamed, seasoned with herbs

Pasta salad, potato salad, or cole slaw

- Small side salad; dressing on side
- Fruit cup

Tortilla chips and creamy spinach and artichoke dip

- Carrots and pre-cut veggies and low-fat dip like hummus

Potatoes mashed with butter

- Baked potatoes with low-fat sour cream and chives
- Brown rice pilaf with veggies

White rolls or biscuits with butter

- Whole-grain rolls or whole-grain pita wedges with hummus

### SNACKS

Potato chips

- Baked or popped whole-grain chips
- Popcorn, low-sodium pretzels with at least 50% whole grain

Cookies or candy

- Low-fat whole-grain granola bars
- Fresh cut or whole fruit

### BEVERAGES

Regular soda

- Tap water or seltzer with splash of 100% juice
- Unsweetened iced tea

Serving healthy foods at your meetings and events doesn't have to be hard or expensive.



HEALTH Information Line  
401-222-5960 / RI Relay 711  
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