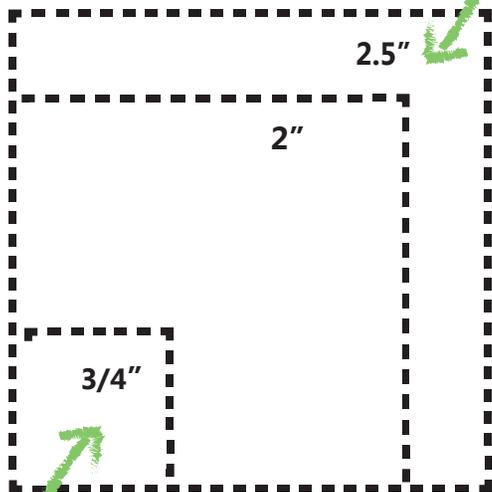


Eat Healthy!

Offering access to healthier options at meetings is simple using these tips and guidelines! Healthy eating can be difficult...portion size matters!

Serve **baked items** no larger than **2.5" square**, **2.5-3" diameter** cookies, or **2oz.** muffins.



Cut and serve cubes of low-fat cheese **3/4" square** or smaller.

Created in partnership with:



NDSU

EXTENSION
BARNES COUNTY

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Healthy Food Guidelines for Meetings

Offering Access to Healthier Options

Why promote access to healthy foods?

Food choices affect our health and disease risk - many Americans are looking for healthier options.

What we eat is linked to the leading diseases in the United States: type 2 diabetes, hypertension, stroke, coronary heart disease and some cancers.

Americans eat 200-300 more calories per day than they did 30 years ago, which may be one reason more than 2/3 of adults and 1/3 of students are overweight or obese.

The average American eats out 4-5 times per week - foods that are typically high in saturated fat, sugar, sodium, and low in fruits, veggies, and whole grains.

Within this resource, both organizations and individuals will find simple and delicious ideas for offering healthy food choices.

HEALTHY OFFERINGS

Beverages

Help quench thirst with these options:

- Bottled spring or sparkling water (sugar-free)
- Ice water
- Coffee
- Hot or cold tea, regular and herb
- Creamers - low fat skim or 1% milk or fat free half & half
- 100% fruit or vegetable juices
- Fat free skim or low fat 1% milk

Snacks

Help curb cravings with these options:

- Cut fresh fruit + low fat yogurt
- Fruit smoothies
- Whole grain crackers + low fat cheese (<5g. fat / oz.)
- Raw veggies + low fat/fat free dressing, salsa or hummus
- Whole grain bagels + low fat/fat free cream cheese, jam/jelly
- Baked chips
- Lite or low fat popcorn
- String cheese
- Low fat granola bars

Breakfast

Start the day right with these options:

- Fresh or dried fruit
- Flavored low fat/fat free yogurt
- Fruit smoothies
- Whole grain bagels + low fat cream cheese, jam/jelly
- Low fat granola bars
- Whole grain cereals (e.g. Cheerios™)
- Whole grain waffles or french toast
- Whole grain muffins (2 oz. size)

Lunches, Dinners, Socials

These healthy offerings are sure to please:

- Fresh fruits
- Fresh or cooked vegetables (no butter/sauce)
- Salads with low fat dressing on the side
- Whole grain breads or pita wraps
- Lettuce, tomato, onion, pickles, mustard, ketchup, low fat mayo/dressing for toppings
- Low fat cheese + whole grain crackers (<5g. fat / oz.)
- Baked or low fat chips
- Salsa, low fat cottage cheese, hummus, low fat dressing
- Low fat frozen yogurt

HEALTHY

Where should we begin?

We can help create a norm that food does not have to be present everywhere and does not have to be used to motivate event attendance.

Consider not offering food at mid-morning or mid-afternoon meetings and presentations; or offering only beverages. If it is necessary to serve food, choose a fruit or veggie.

FOOD

Offering options...

Make fruits and veggies available at any location where food is served free or sold. (Not including juice, which is a beverage.)

Choose lower fat/sodium/whole grain food options to be sold or served. (Examples include: low fat yogurt, baked whole grain chips, low fat ranch dressing, turkey subs on whole grain bread, lower sodium soups.)

GUIDELINES

It is recommended that...

100% juice and low-fat milk (skim or 1%) be sold at all locations where juice and milk are sold.

Water be made easily accessible in pitchers, fountains or bottles (unflavored, non-carbonated) where beverages are sold.

When sweetened beverages are served/sold, offer the smallest size available.