

Healthy Food Options for Meetings

Drinks

Offer water and other no-calorie options.

Breakfast

Serve fresh fruit salad or a fresh fruit platter.

Serve low-fat yogurt and low-fat granola.

Offer low fat cream cheese and whole grain bagels. Try offering mini bagels.

Lunch

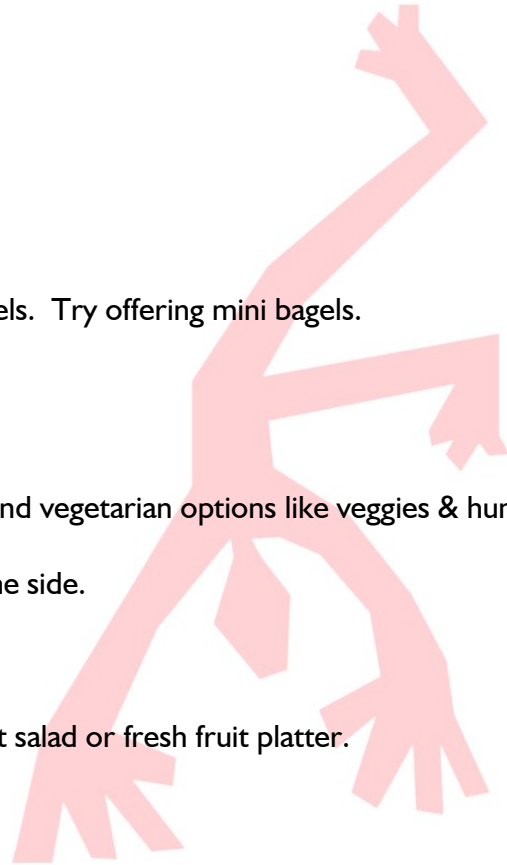
Offer whole-grain bread or wraps.

Offer lean meat options like chicken or turkey, and vegetarian options like veggies & hummus.

Offer condiments (including salad dressing) on the side.

Avoid potato chips or offer baked potato chips.

Consider skipping dessert or offering a fresh fruit salad or fresh fruit platter.



Snacks and Celebrations

Offer bite size fruits and veggies in season like apple slices, grapes, melon cubes, baby carrots, strawberries, grape tomatoes, celery sticks and cucumbers.

Offer whole fresh fruits like oranges, apples or bananas.

Try whole grain crackers or air popped popcorn.

Avoid potato chips or offer baked potato chips.

Offer a fresh fruit platter or fresh fruit salad.

Offer low-fat yogurt and granola.