

Ideas for Healthy Food Options

General Tips for Meals & Snacks

Breakfast & Brunch

- Serve fruit and 100% fruit juice and vegetable juice
- Offer fat free and light 1% milk and yogurt
- Offer fat free milk in addition to half 'n half for coffee and tea
- Offer whole wheat breads and cereals when possible
- Offer toast, bagels, fruit breads, and muffins instead of doughnuts, biscuits and pastries
- Offer fruit spreads in addition to butter and margarine for toast and bagels
- Offer fruit toppings for cereals, pancakes, waffles, etc.
- Offer vegetables like mushrooms, red peppers, onions, tomatoes, and spinach for omelet fillings or add to scrambled egg

Lunch & Dinner

- Offer whole grain breads
- Offer salad dressings on the side, and include a light version
- Offer broth or vegetable based soups instead of cream based
- Include fruit with every meal
- Serve at least two vegetables with each meal
- Add dried fruits to salads and rice dishes
- Serve pastas with tomatoes or other vegetables based sauce instead of cream sauce
- Offer chicken, turkey, fish and shellfish when possible
- Limit red meat to a 4 ounce serving
- Choose steamed, poached, baked, and broiled meats instead of fried or sautéed
- Avoid fried foods like French fries, onion rings and fried chicken
- Offer fruit desserts in addition to other desserts

Breaks

- Offer 100% fruit and vegetable juices
- Offer fruits and vegetables with dips
- Offer fruit smoothies or frozen yogurt
- Offer tortilla chips with bean dip and salsa
- Offer pretzels or popcorn

Samples of Health Dishes for Meetings or Potlucks

Appetizers

- Raw vegetables with low-fat dip
- Pretzels or tortilla chips
- Hummus and pita bread
- Baked artichoke dip made with low-fat mayo and light crackers

- Bruschetta on French bread
- Spinach dip made with low-fat mayo and sour cream

Salads and Side Dishes

- Mixed green salad with light dressing
- Wheat rolls
- Fruit salad
- Spinach salad
- Red potato salad made with low-fat mayo
- Tomato salad with artichoke hearts, onions and olives
- Three bean salad
- Corn salad with roasted peppers
- Pasta salad made with light dressing
- Rice or couscous
- Stuffed bell peppers

Main Dishes

- Chili and soup
- Turkey Sandwiches
- Vegetable pizza
- Chicken salad made with low-fat mayo
- Vegetable stuffed pita sandwiches
- Taco salad made with chicken and low-fat cheese
- Vegetable lasagna
- Casseroles made with reduced fat cheese and lots of vegetables

Desserts

- Fresh fruit with chocolate or caramel dipping sauce
- Fruit cobbler
- Fruit pies
- Banana bread
- Fig bars
- Frozen yogurt or sorbet
- Carrot cake
- Angel food cake with strawberries