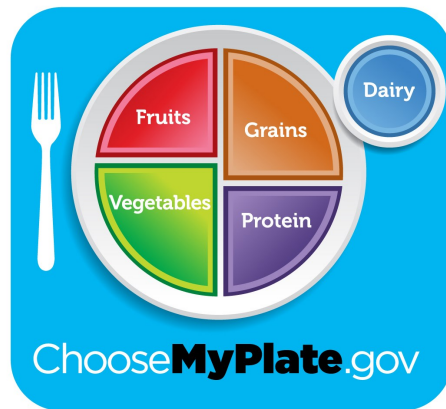


HEALTHIER CATERING MADE EASIER



General Guidelines:

When ordering or providing food for meals, a good rule of thumb is to include a food from several of the food groups. The 5 food groups are fruits, vegetables, whole grains, lean protein, and low-fat dairy.

For example:

- **At lunch or dinner:** serve a fruit, a vegetable, lean protein, and a whole grain
- **At breakfast:** serve a fruit, a protein, and a grain or dairy
- **At snack:** serve a fruit or vegetable, and a lean protein

Best Beverages for Meetings and Events:

- 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 and tea creamers of skim milk, 1% milk or fat-free half & half

Snack Ideas:

- Fresh fruit – cut up and offered with low-fat yogurt dip or string cheese
- Raw vegetables – cut up and offered with fat-free or low-fat dressing, salsa dip, or hummus
- Pretzels – served with sweet mustard dip
- Tortilla chips – baked and offered with salsa dip
- Popcorn – lower fat (5 g fat or less per serving)
- Whole grain crackers – (5 g fat or less per serving)
- Angel food cake with fruit topping
- Light or flavored, non-fat yogurt cups
- Assortment of nuts and dried fruit
- Beverages from “Beverages” list

Catered Lunches and Dinners:

- On the next page you will find different types of catered meals listed on the left and columns on the right offering healthy option ideas from each of the food groups that you may wish to include for a well-balanced meal.
- When nutrition information is known use the meal nutrient standards below as a guide.

Meal Nutrient “Gold” Standards (when nutrients are known):

Lunch and Dinner

- 750-850 Calories
- ≤35% Calories from fat (29-33 g fat)
- ≤10% Calories from saturated fat (8.3 g – 9.4 g)

Breakfast

- 450-600 Calories (Breakfast)
- ≤35% Calories from fat (18-23 g)
- ≤10% Calories from saturated fat (5-7 g)

*provide the number of calories and fat grams in entrées if able and available

For additional information visit www.hwcwichita.org

Meal Types	Grains	Protein	Vegetables	Fruits	Dairy	Miscellaneous
Breakfast (pick at least 3 food groups)	<ul style="list-style-type: none"> - Plain oatmeal (top with fresh fruit and milk) - Whole grain toast or English Muffin - Whole wheat tortillas (try a breakfast burrito bar!) 	<ul style="list-style-type: none"> - Hard boiled or scrambled eggs (remember to keep to 1/4 of plate) - Peanut butter - Greek yogurt is a good protein source 	<ul style="list-style-type: none"> - Add veggies to an omelet - Fresh veggies with hummus dip 	<ul style="list-style-type: none"> - Tip: it's better to eat your fruit than drink it in as juice - Any variety of fresh fruit - Fruit canned in 100% juice - Natural applesauce cups 	<ul style="list-style-type: none"> - Light or low-fat yogurt or Greek yogurt - Low-fat milk - String cheese - 1% Cottage cheese - Serve a yogurt parfait bar 	<ul style="list-style-type: none"> - Avoid fried and fattier meats such as sausage and bacon - Beware of large portions with foods like pancakes - Serve water or low/no sugar added juices
Soup, Wraps, & Sandwiches	<ul style="list-style-type: none"> - Whole grain bread or wraps - Ask for sandwich/wraps to be served cut in half - Whole grain add-ins for soups include: bulgur, barley, quinoa, and brown rice 	<ul style="list-style-type: none"> - Choose leaner meat options like ham, turkey, or roast beef - Tuna or chicken salad made with light or fat free mayo 	<ul style="list-style-type: none"> - Add veggies/greens to sandwich/wraps - Serve an additional vegetable for a side - Try a vegetable-based soup 	<ul style="list-style-type: none"> - Tip: Save money by picking up individual pieces of fruit on sale like bananas, oranges, or grapes to wash and serve instead of purchasing a fruit tray 	<ul style="list-style-type: none"> - Low fat/reduced fat cheeses - Request no cheese or only one slice per sandwich/wrap instead of multiple 	<ul style="list-style-type: none"> - Serve light or fat free mayo and salad dressings; mustard - Opt for broth-based soups instead of creamy, 'bisque'-type soups
"American" Style	<ul style="list-style-type: none"> - Whole grain ideas: rolls, brown rice, couscous, whole grain pasta 	<ul style="list-style-type: none"> - Choose lean proteins that are not fried such as chicken, baked fish, beef, pork, or legumes - Avoid serving smothered in sauces 	<ul style="list-style-type: none"> - Offer side of salad (see salad section) - Offer fresh cut veggies and dip - Serve a side of mixed steamed vegetables (without added butter) 	<ul style="list-style-type: none"> - See other fruit ideas listed 	<ul style="list-style-type: none"> - Serve low fat/reduced fat cheeses if serving cheese, avoid serving entrees covered in cheese sauces 	<ul style="list-style-type: none"> - Unique idea: baked potato bar with various toppings (salsa, steamed broccoli, grilled chicken breast, etc.)
Italian	<ul style="list-style-type: none"> - Pizza: stick with thin crust - Whole grain crust (if available) - Whole grain pasta (if available) - Serve the pasta separate from the sauce (so folks can pick their portions) - If offering a bread for side, choose whole grain, unbuttered - Lasagna: request cut into slightly smaller portions (make a pan that normally feeds 15 feed 18 instead) 	<ul style="list-style-type: none"> - Pizza: choose Canadian bacon (over other meats such as pepperoni or sausage, or ask for half the normal amount of these fattier meats) - Serve with grilled chicken breasts as part of the entree - Select tomatoes/vegetables as pasta dish toppings 	<ul style="list-style-type: none"> - Offer side of salad (see salad section for ideas) - Serve with a side of mixed steamed vegetables (without added butter) 	<ul style="list-style-type: none"> - Serve a Hawaiian pizza with pineapple on top - Try offering individual fruit cups canned in juice (any not used can be saved for another date-no waste!) - See other fruit ideas above 	<ul style="list-style-type: none"> - Pizza: ask to go lighter on the cheese sprinkled on top 	<ul style="list-style-type: none"> - Avoid stuffed crust or thick crust - Opt out of meat 'lovers' type pizzas which tend to be loaded with fattier meat options - Avoid fried entree options such as eggplant or chicken parmesan - Steer clear of cream based sauces such as alfredo instead offering marinara or primavera-type sauces
Asian	<ul style="list-style-type: none"> - Brown rice - Soba Noodles (made from buckwheat) - Rice Noodles - Spring rolls wrapped in rice paper (not fried) - Miso soup 	<ul style="list-style-type: none"> - Lean protein options: Tofu, grilled/steamed shrimp, chicken, or steak, edamame, boiled dumplings or pot stickers, Yakitori, Sashimi, California rolls 	<ul style="list-style-type: none"> - Look for vegetarian items or veggie-based entrees such as stir-fries 	<ul style="list-style-type: none"> - See other fruit ideas above 	<ul style="list-style-type: none"> - Dairy is not typically used in Asian Cuisine 	<ul style="list-style-type: none"> - Avoid fried or battered food such as egg rolls - Avoid or serve Teriyaki or soy sauces on the side instead of part of the main dish - Try serving Miso soup
Mexican	<ul style="list-style-type: none"> - Corn or whole grain tortillas - Brown rice 	<ul style="list-style-type: none"> - Fajitas or soft taco make-your-own bar - Whole beans like pinto or black instead of refried beans - Slow Roasted Pork (sometimes called Al Pastor) - Grilled Chicken, fish, beef or un-battered shrimp 	<ul style="list-style-type: none"> - Grilled vegetable - Lettuce, tomatoes - Salsa - Avocado/Guacamole (watch portions) - Grilled/sautéed peppers and onions 	<ul style="list-style-type: none"> - See other fruit ideas above 	<ul style="list-style-type: none"> - Order a side of Queso dip versus an appetizer size 	<ul style="list-style-type: none"> - Authentic Mexican foods are simple and not loaded with cheese. - Avoid: Chorizo, large quesadillas, refried beans, items like enchiladas heavily covered in cheese, fried foods, hard taco shells, sour cream
Mediterranean	<ul style="list-style-type: none"> - Ideas include: Tabbouleh Salad, Dolmas, Couscous, Bulgur, wraps (see wrap section above), or lettuce wraps 	<ul style="list-style-type: none"> - Hummus - Baked, roasted or grilled meats - Gyro or Shawarma pita sandwiches 	<ul style="list-style-type: none"> - Greek Salad with a vinegar-based dressing (dressing on the side if available) - Vegetarian dishes - Fattoush Salad 	<ul style="list-style-type: none"> - See other fruit ideas above 	<ul style="list-style-type: none"> - Tzatziki Dip - Feta cheese 	<ul style="list-style-type: none"> - Steer clear of items in heavy sauces and casseroles
Salads	<ul style="list-style-type: none"> - Whole grain ideas: whole wheat rolls, brown rice, couscous, whole grain pasta 	<ul style="list-style-type: none"> - Protein toppers: baked or grilled chicken, fish, beef, pork. Avoid fried meats or bacon - Legumes, nuts, seeds - Hard boiled eggs 	<ul style="list-style-type: none"> - Great leafy greens: Romaine, Spinach, Radicchio, Italian blend. - Provide a variety of fresh veggie toppers: peppers, onions, mushrooms, tomatoes, carrots, etc. 	<ul style="list-style-type: none"> - See other fruit ideas listed 	<ul style="list-style-type: none"> - Low fat/reduced fat cheeses - Feta cheese 	<ul style="list-style-type: none"> - Try to avoid just offering Iceberg lettuce - Dressings: serve on the side, offering low fat/fat free dressings, oil/vinegar, & vinaigrettes
Potluck	Make healthier potlucks easy! Visit: www.hwcwchita.org/worksites-wellness to find pre-made, customizable sign up sheets for different pot luck meal themes!					