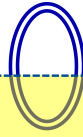




Get Healthy CT



SUGGESTED GUIDELINES FOR MEETINGS AND EVENTS

RECOMMENDED FOODS TO SERVE:

Fresh or dried fruit (offered with low-fat yogurt dip), jam or jelly
Salad, raw vegetables (offered with low-fat dressing or salsa dip)
Whole grain breads, mini bagels/low-fat muffins, whole grain hot or cold unsweetened cereals, fruit bread, wraps
Pita or baked tortilla chips, low-fat crackers, unbuttered and unsalted popcorn
Low-fat dairy: yogurt, cottage or ricotta cheese, cheese sticks, low-fat cheese cubes, low-fat cream cheese
Pre-portioned packets of peanut butter, low-fat salad dressing, salsa, hummus, and other dips
Baked, roasted or grilled lean meats and fish, tofu, whole grain pasta
Granola bars, angel food cake with fruit toppings
Pretzels (no/low salt), baked chips
Soups made with vegetables or vegetable puree
Bottled water, sparkling water or pitchers of water at the table
Low fat milk, soy milk, 100% fruit or vegetable juice, carbonated with no sugar (seltzer)
Coffee and tea
Nut Snacks (1 ounce)

FOODS NOT RECOMMENDED:

Flavored soft drinks, fruit-flavored drinks, sweet tea, whole milk or 2% milk
High-fat, higher-calorie desserts – cheese cake, cream puffs, large slices cake, regular potato chips, cookies
High fat dairy items, including butter, regular cheese and regular cream cheese
Pastries such as Danish, croissants, fruit pies, and tarts
Large bagels and muffins

SERVING SUGGESTIONS (use smaller plates, bowls, and cups):

Whole grain crackers (6-8) with 1 ounce low-fat cheese
Plain yogurt (6 ounces) with a tablespoon of low-fat granola and fruit
Trail mix, 1 cup
Water flavored with slice of lemon, lime, watermelon, or cucumber
Baked tortilla chips (15-20) with 1 ounce low fat cheese and diced tomato
Carrot and cucumber sticks with ¼ cup hummus, salsa or low-fat dressing
Grapes (1/2 cup) and 2% milk string cheese
Lean deli meat (1 ounce) and 1 slice whole grain bread
Fruit skewers or whole fruit

Find healthy tips and resources at: www.gethealthyct.org