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