Wellness AtoZ

EatWell - Cafeteria Guidelines

EatWell encourages healthy food choices through nutritional guidelines for cafeteria meals, so everyone can feel good at work!

EatWell provides Healthy Meeting food guidelines, best practices and physical activity suggestions. The connection between food, physical activity and health is well documented. Making simple changes to foods, drinks and breaks offered at group and community events gives people disease-fighting foods and an energy boost while removing the stress of consuming too many calories and unhealthy fats, and remaining sedentary for too long.

FOOD GUIDELINES

Healthy food can certainly taste good. Most food service professionals now have some familiarity with healthier food preparation options and are willing to accommodate requests for changes to their usual fare.

EATWELL STANDARD MEETINGS offer one or more meal options compliant with healthy meeting guidelines.

EATWELL SUPERIOR MEETINGS are 100% compliant with healthy meeting guidelines and offer special signage to show employees you care about their health. EatWell encourages offering at least 50% Superior Meetings.

- Serve low-calorie and low-fat foods.
- Serve fruits and vegetables whenever possible.
- Serve small portions (e.g., cut bagels in halves or quarters).
- Serve milk (fat-free or 1%), 100% fruit or vegetable juice, water or iced tea (unsweetened) instead of soft drinks.
- Lunches and dinners don't have to include a heavy dessert – fresh fruit, a fruit crisp or cobbler, small cookies, etc. are fine
- Always include a vegetarian option at all meals.
- Provide reduced-fat or low-fat milk for coffee rather than cream or half and half (evaporated skim milk also works well for coffee – make sure it's not sweetened condensed milk)
- Provide pitchers of water.

For more information
visit www.WellnessAtoZ.org

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EatWell Healthy Menu Recommendations

BREAKFAST OFFERINGS

- Fresh fruit (cut up and offered with low-fat yogurt dip)
- High-fiber cereals: bran flakes, low-fat granola or oatmeal
- Low-fat yogurt
- Thinly sliced ham
- Fruit toppings for hot and cold cereals
- Hard cooked eggs, vegetable omelets or eggs made with egg substitute or without yolks
- Bagels served with fruit spreads, jams, hummus, or low-fat cream cheese

LIGHT REFRESHMENT OFFERINGS

- Fresh-sliced fruit and vegetable tray, offered with low-fat dips
- Whole grain crackers or granola bars
- An assortment of low-fat cheeses and whole grain crackers
- Baked pita chips served with hummus
- Whole grain muffins and whole grain breads
- Low-fat yogurt
- Pretzels, popcorn, baked chips or trail mixes

LUNCH AND DINNER OFFERINGS

- Salad with a variety of mixed salad greens with low-fat dressing
- Whole-grain breads and rolls
- Mustard and low-fat mayonnaise as condiments for sandwiches
- Sandwiches presented in halves, enabling smaller portion option.
- Broth-based soups
- Pasta dishes (lasagna, pizza) with low-fat cheeses and extra vegetables
- Pasta with tomato or other vegetable-based sauces
- 4-ounce maximum portions of meat and plenty of low-fat, low-calorie side dishes
- Vegetables – fresh, steamed, or cooked without butter or cream sauce

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