



EatWell Meeting 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 an energy boost while removing the stress of consuming too many calories, 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.

Nutritional Guidelines - provide at least 50% of meetings in compliance with the below healthy criteria. Brand your meeting with EatWell healthy meeting signage.

- 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.
- Serve light desserts – fresh fruit, a fruit crisp or cobbler, small cookies, etc.
- Include a vegetarian option at all meals.
- Provide reduced-fat or low-fat milk for coffee rather than cream or half and half.
- Provide pitchers of water.



EatWell Healthy Menu Recommendations

Breakfast:

- 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

Lunch and Dinner:

- 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 options.
- Broth-based soups
- Pasta dishes with low-fat cheeses and extra vegetables
- Pasta with tomato or other vegetable-based sauces
- 4-ounce maximum portions of meat
- Vegetables – fresh, steamed or without butter or cream sauce



15% of an organization's collective time is spent in meetings, a percentage that has increased every year since 2008.

