

# Healthy Meeting Eating

- **Serve beverages, condiments, and other foods with little or no added sugar such as:**
  - Water
  - Regular and decaffeinated coffee and tea
  - 100% fruit and vegetable juices
  - Vegetable spreads like hummus and pesto
  - Unsweetened cereals, fruit spreads, and cereal bars
- **Provide fat-free, low-fat, or low-calorie foods and beverages such as:**
  - Nonfat dairy products like nonfat milk and yogurt
  - Low-fat or fat-free salad dressings and toppings such as salsa and sweet mustard
  - Low-fat or low-calorie desserts such as angel food cake or fruit sherbet
  - Small portions of meats, poultry, and fish
- **Consider offering only beverages at mid-morning and mid-afternoon breaks.**
- **Don't forget to serve small portions.**
  - Mini-muffins and mini-bagels with 1-inch low-fat cheese squares
- **Offer a variety of grains (especially whole-grain foods) and fruits and vegetables such as:**
  - Fresh fruit and vegetable salads
  - Fresh and cooked vegetables
  - Whole grain breads, pasta, and cereals
  - Muffins, fruit breads, granola bars, and healthy sport bars
  - **Note:** Check the dietary fiber in grain products. A good source of dietary fiber is 3 grams per serving.
- **Serve foods that are low in salt and sodium such as:**
  - Unsalted pretzels and popcorn, and baked chips
  - Grilled or roasted entrees
  - Entrees cooked with spices and herbs instead of salt

