

Providing Healthy Meals, Snacks, & Beverages

WHY OFFER HEALTHY MEALS, SNACKS, AND BEVERAGES?

- The average diet is:
 - ➔ low in vegetables, fruits, and whole grains.
 - ➔ high in refined carbohydrates, total fat, and saturated fat.
- Dietary factors are associated with many of the leading causes of death.
- Healthy eating promotes good overall health and reduces risk for chronic disease.

Providing healthy meals, snacks, and beverages:

- Sets a good example
- Supports people in their efforts to make healthy food choices
- Reinforces healthy living messages

HEALTHY MEAL, SNACK, AND BEVERAGE SUGGESTIONS:

Beverages

- Ice water or bottled water
- 100% vegetable or fruit juices
- Milk – Adults: Skim or 1% milk
Children: 1% or 2% milk
- Coffee (regular and decaffeinated)
- Tea (hot or cold)

Breakfast

- Fresh fruit
- Yogurt (low-fat or fat-free)
- Cold whole grain cereals
- Bagels (3 ½" diameter or less, with low-fat cream cheese, peanut butter, jam or jelly)
- Muffins (small or mini)

Snacks

- Fresh fruit (with low-fat yogurt dip)
- Raw vegetables (with fat-free or low-fat dressing dip)
- Popcorn (lower fat)
- Whole grain crackers

Catered Lunches & Dinners

- An entrée consisting of a ½ plate vegetables, a ¼ plate grain product, a ¼ plate meat or meat alternative
- Offer a vegetarian entrée
- Avoid fried foods or cream sauces
- Fresh fruit
- At least one vegetable (no butter or cream sauces added)
- Salads with dressing on the side (make low-fat or fat-free available)
- Wraps and mini sandwiches
- Pizza – low fat options such as vegetarian, or ham and pineapple

Desserts

- Choose lower fat / lower calorie desserts
- Cut up fresh fruit (offer with low-fat yogurt dip)
- Low-fat ice cream, frozen yogurt, sherbet, or sorbet
- Angel food cake with fruit topping
- Plain, high fibre cookies eg. oatmeal

