



Healthier Food and Snacks

*for meetings, seminars,
and catered events*



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

*T*he mission of the Delaware Division of Public Health (DPH) is to protect and promote the health of all Delawareans, including its own team.

This guide offers healthier meal and snack options for meetings, conferences, and special events. Smarter food and beverage options are vital to living a longer, healthier life; and even small changes can have big rewards.

Use these guidelines and remember the 5-2-1 Almost None strategy for a healthier life:



**Small changes have big rewards.
For a healthy lifestyle, follow the recommendations
of the 5-2-1 Almost None campaign:**

- **Eat 5 or more fruits and vegetables each day;**
- **Have no more than 2 hours of recreational screen time each day (includes TV, computer, gaming);**
- **Get 1 or more hours of physical activity each day; and**
- **Drink almost no sugary beverages**

GUIDELINE 1

Offer healthy food choices at breakfasts, lunches, dinners, and receptions.

There are many healthy options for tasty foods and beverages. When food and beverages are provided for events, offer food choices that are lower in fat and calories. Fruits and vegetables are always a good choice. Portion sizes have increased substantially in the United States and contribute added calories. Offer smaller food portions, such as mini muffins or mini bagels.

GUIDELINE 2

Consider not offering food at mid-morning or mid-afternoon meetings, presentations, and seminars.

In America, we are surrounded by food all day, every day. With the increasing rates of obesity and the difficulty of controlling weight in a food-saturated environment, it is important to consider whether it is necessary to provide food at meetings, presentations, and seminars, especially mid-morning and mid-afternoon. We can help create a norm that food does not have to be everywhere. Consider offering only beverages during mid-morning or mid-afternoon. If it is decided to provide food, offer only fruits, vegetables, and/or other healthy foods.



Suggested Menu

BEVERAGES

- Ice water, bottled spring or sparkling water – regular or flavored with no sugar
- 100% fruit or vegetable juices – avoid large-size bottles
- Skim or 1% milk
- Coffee and flavored coffees – regular and decaffeinated
- Tea – regular and herb teas – hot or cold
- Coffee/tea creamers or skim milk or 1% milk

BREAKFAST MEETINGS

- Breakfast – aim for 600 calories or less per person
- Fresh fruit
- Yogurt – flavored non-fat/fat-free
- Bagels – 3 ½” diameter or less; serve with low-fat cream cheese, jam or jelly
- Muffins – small or mini (5 g fat or less/muffin)
- Fruit bread (5 g fat or less/1 oz slice) – skip the butter or margarine
- Granola bars – low-fat (5 g fat or less/bar)

SNACKS

- Fresh fruit – cut up and offered with low-fat yogurt dip
- Raw vegetables – cut up and offered with fat-free or low-fat dressing or salsa dip
- Pretzels – served with sweet mustard dip
- Tortilla chips – baked and offered with salsa dip
- Popcorn – lower fat (5 g fat or less/serving)
- Whole grain crackers – (5 g fat or less/serving)
- Angel food cake with fruit topping

CATERED LUNCHEES & DINNERS

- Aim for a lunch or dinner of 600 total calories or less per person
- Select an entrée with no more than 12 to 15 g fat and 450 calories or less
- Always offer a vegetarian entrée
- Avoid fried foods or cream sauces
- Include fresh fruit
- Include at least one vegetable – fresh or cooked, with no butter or cream sauces added
- Serve salads with dressing on the side – offer at least one low-fat or fat-free dressing
- Include whole grain breads – skip the butter or margarine
- Choose lower fat/lower calorie desserts: cut up fresh fruit and offer with low-fat fruit yogurt dip, low-fat ice cream or frozen yogurt, sherbet or sorbet, or offer angel food cake with fruit topping

BOX LUNCH SANDWICH IDEAS

(ALWAYS INCLUDE A VEGETARIAN OPTION):

- Whole grain breads or pita wraps – prepared without butter/margarine, mayonnaise/salad dressing
- Meats, poultry or marinated tofu – low-fat (3 g fat/oz), cheese – 1 oz
- Toppings of lettuce, sprouts, tomatoes, onions, pickles, mustard, catsup, low-fat mayonnaise
- Pretzels or baked chips (5 g fat or less/oz)
- Fresh fruit



CATERED RECEPTIONS

- Fresh fruit – cut up and offered with low-fat yogurt dip
- Raw vegetables – cut up and offered with fat-free or low-fat dressing, salsa or tofu dip
- Raw vegetable salads marinated in fat-free or low-fat Italian dressing
- Pasta, tofu, and vegetable salads with fat-free or low-fat dressing
- Vegetable spring rolls – fresh, not fried
- Vegetable sushi rolls
- Cheese – cut into 3/4” squares or smaller
- Whole grain crackers – 5 g fat or less/serving
- Lean beef or turkey – 1 oz slices

TIPS FOR SELECTING FOODS LOWER IN FAT AND CALORIES

- Ask caterer to use lower fat or fat-free preparation methods, to serve fats like dressings or condiments on the side, and to provide the number of calories and fat grams in entrées if available
- Select lower fat and calorie entrées – approximately 12 to 15 g fat or less and 450 calories or less
- Select items that are broiled, baked, grilled or steamed rather than fried or sautéed
- Choose entrées in tomato-based sauces rather than cream, butter or cheese sauces
- Include fresh fruit
- Include at least one vegetable – fresh or cooked, with no butter or cream sauces added
- Include whole grain breads – skip the butter or margarine
- Choose lower fat and calorie desserts: cut up fresh fruit and offer it with low-fat fruit yogurt dip, serve low-fat ice cream or frozen yogurt, sherbet or sorbet; offer angel food cake with a fruit topping

You *DO* have choices...

BEVERAGES	
CHOOSE...	INSTEAD OF...
Bottled water (spring water or flavored, carbonated with no sugar), coffees or tea, 100% fruit or vegetable juices.	Soda pop or fruit flavored drinks
Low-fat or skim milk	Whole or 2% milk
FOR BREAKFASTS	
CHOOSE...	INSTEAD OF...
Fresh fruits, dried fruits, unsweetened juices	Sweetened canned fruits and juices
Low-fat yogurt	Regular yogurt
Small bagels – 3 ½” or smaller	Regular bagels
Small or mini muffin – 2 ½” or smaller	Regular or large muffins
Small bagels or muffins, low-fat granola bars	Regular or large bagels or muffins, croissants, doughnuts, sweet rolls, pastries
Toppings of light margarine, low-fat cream cheese, jam or jelly, peanut butter	Regular butter, cream cheese
Unsweetened cereals	Sweetened cereals
Whole grain waffles and French toast	Waffles or French toast made from white bread
Lean ham or Canadian bacon, vegetarian sausage or bacon substitutes	Bacon or sausage
Low fat or skim milk	Cream for coffee

FOR LUNCHESES OR DINNERS

CHOOSE...	INSTEAD OF...
Salads with dressings on the side	Salads with added dressing
Low-fat or fat-free salad dressings	Regular salad dressings
Soups made with vegetable puree or skim milk	Soups made with cream or half & half
Pasta salads with low-fat dressing	Pasta salads made with mayonnaise or cream dressing
Sandwiches on whole grain breads	Sandwiches on croissants or white bread
Lean meats, poultry, fish, tofu (3 g fat/oz)	High fat and fried meats. Bacon, poultry with skin, cold cuts, oil-packed fish
Baked potatoes with low-fat or vegetable toppings	Baked potatoes with butter, sour cream, and bacon bits
Steamed vegetables	Cooked vegetables in cream sauce or butter
Whole grain bread or rolls	Croissants or white rolls
Margarine without trans-fatty acids	Butter
Lower fat and calorie desserts: fresh fruit, low-fat ice cream, low-fat frozen yogurt, sherbet, sorbet, angel food cake with fruit topping	Higher fat and calorie desserts: ice cream, cheese cake, pies, cream puffs, large slices of cake
Baked or low-fat chips, pretzels	Regular chips
Dips made of salsa, low-fat cottage cheese, hummus or low-fat salad dressing	Dips made from regular mayonnaise, sour cream, cream cheese or cheese sauce

FOR RECEPTIONS	
CHOOSE...	INSTEAD OF...
Fresh vegetables, cut and served with low-fat dressing, salsa or tofu dip	Deep fried vegetables
Cut fresh fruit	Fruit tarts, pie, cobbler
Grilled or broiled chicken without skin	Fried chicken or chicken with skin
Miniature meatballs made with lean meat	Large meatballs made of high-fat meat or served in gravy or sauces
Broiled or poached seafood: shrimp, salmon, scallops, oysters, clams	Deep fat fried seafood, seafood in high-fat sauces
Mushroom caps with low-fat cheese stuffing	Mushrooms with high-fat cheese stuffing or marinated in oil
Small cubes of cheese (3/4" squares or smaller)	Slices of cheese
Whole grain crackers (5 g fat or less/serving)	Regular crackers
Low-fat, "lite" popcorn (5 g fat or less/serving)	Regular popcorn
Baked or low-fat chips, pretzels	Regular chips
Dips made of salsa, low-fat cottage cheese, hummus or low-fat salad dressing	Dips made from regular mayonnaise, sour cream, cream cheese or cheese sauce

Calories and Fat of Popular Food and Beverage Items

(Note: Amounts given for calories and grams of fat are approximate.)

Beverages		Calories	Grams of Fat
Coffee Creamer (1 Tablespoon)	Fat-free skim milk	6	0
	Half & Half	20	1.7
Milk (8 oz carton)	Fat-free skim milk	86	Trace
	Low-fat-1% milk	102	2.5
	Reduced-fat-2% milk	121	5
	Whole milk	150	8
Regular Soda Pop	12 oz can	150	42 g sugar
	20 oz bottle	250	70 g sugar*

*More than 17 tsp sugar

Breakfast		Calories	Grams of Fat
Bagels	3-1/2"	180	1
	4-1/2"	330*	3
Cream Cheese (2 Tablespoons)	Low-fat	60	2.5
	Regular	100	10
Blueberry Muffins	Small: 2-1/2"	160	4
	Large: 3-1/2"	250	9
Croissant	Regular Size	230	12
Apple Danish	Regular Size	260	13
Glazed Doughnut	Regular Size	240	14

*Equal to 4 slices of bread

Snacks		Calories	Grams of Fat
Chips (1 oz, about 12 chips)	Baked or low-fat potato	130	5
	Regular potato	150	10
	Baked or low-fat tortilla	125	4
	Regular tortilla	140	7
Pretzels (1 oz, about 12 pretzels)	Regular Size	110	1
Cookies (Chocolate Chip)	Small: 2-1/2"	50	2
	Large: 4"	280	14
Cake (3" x 2-1/4" piece)	Angel White	130	Trace
	White	190	5
	Chocolate	200	8
	carrot	240	11



Lunches and Dinners		Calories	Grams of Fat
Sauces (1/2 cup)	Marinara (Tomato-based)	50	2
	Alfredo (Cream-based)	200	15
Salad Dressing (2 Tablespoons)	Fat-free	50	0
	Regular	150	16
Chips (1 oz, about 12 chips)	Baked or low-fat potato	130	5
	Regular potato	150	10
	Baked or low-fat tortilla	125	4
	Regular tortilla	140	7
Pretzels (1 oz, about 12 pretzels)	Regular Size	110	1
Cheesecake (2" Wedge)	Bakery Style	460	30*
Ice Cream (1/2 cup)	Regular Vanilla	140	7

*More than 7 tsp of fat

Total Recommended calories for lunch = 600-700 calories; 25 g fat or less (based on 2,000 calories/day).

Total Recommended calories for dinner = 700-800 calories; 30 g fat or less (based on 2,000 calories/day).

Receptions		Calories	Grams of Fat
Salad Dressing (2 Tablespoons)	Fat-free	50	0
	Regular	150	16
Pasta Salads (2 Tablespoons)	Low-fat Italian dressing	190	2
	Regular creamy dressing	350	22
Egg Rolls (1 3-1/2 oz)	Chicken	215	10
Spring Rolls (1/3 - 1/2 oz)	Vegetable, fresh-not fried	80	3
Buffalo Wings (1 mini chicken wing)	Barbequed	85	6
Chicken Drumsticks (1 mini drumstick)	Barbequed	85	6
Snack Crackers (Approx. 8 crackers)	Reduced-fat, whole grain	120	3
	Regular Butter Flavored	130	7
Cake (3" x 2-1/4" piece)	Angel	130	Trace
	White	190	5
	Chocolate	200	8
	Carrot	240	11



Eat good to feel good.

Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events was developed by the University of Minnesota School of Public Health.

This version has been adapted for custom use by the Delaware Division of Public Health.



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