

These guidelines help your organization serve healthier foods and beverages at meetings, trainings, parties, potlucks or other gatherings.

Offer healthier beverages.

1. Serve water every time you serve food or beverages or both.
2. If serving milk, serve 1% or non-fat (skim) and plain (unsweetened) milk, unless serving milk as a condiment (e.g., milk for coffee or tea).
3. If providing juice, serve 100% fruit juice (with no added sugar or sweeteners) in 6-ounce portions or less.
4. If serving other beverage options, choose low-calorie beverages that contain 25 calories or less per 8 ounces.

Offer plenty of vegetables and fruits.

5. Serve fruits or vegetables whenever meals or snacks are served.

Make the healthy choice the easy choice.

6. When grains are served, provide a whole grain option (e.g., brown rice; whole-wheat bread, wraps or bagels; or whole-wheat pasta).
 - ◆ Cut breakfast breads and sandwiches in half for smaller portions.
7. If serving yogurt, serve low-fat or non-fat, plain (unflavored) yogurt.
8. Do not serve fried foods (e.g., chips, doughnuts and French fries), pastries or sweet buns.

Serve food in healthy portions.

9. If providing sweets, other than fruit, provide one small portion per person.

DID YOU KNOW?

- ◆ Eating whole fruit provides more fiber than drinking juice. Fiber is good for your health and may lower your risk for heart disease.
- ◆ NYC water tastes great, and best of all, it's free! Try adding sliced lemons, oranges, cucumbers or mint to your water to infuse flavor without extra calories.
- ◆ It's all about moderation. Choose smaller portions of sweets and still enjoy your favorite treats while eating fewer calories and saving on costs.