

Offering healthy food and beverage choices in the workplace can make a huge impact on the health, productivity and overall well-being of employees. To help encourage healthier choices, establish food and beverage guidelines for all organizational meetings, events and on-site vendors. In addition, consider providing nutrient-rich food and beverage choices in the cafeteria and vending machines. Here are a few ideas for workplace settings:

Helpful Hints:

- Watch food portion sizes.
- Consider non-food items for staff celebrations, parties and gifts.
- Keep candies, pastries or other high-calorie snack foods as occasional offerings; not as the everyday norm.
- Consider healthy food choices when offering to share food and beverage items among staff.

For a wide range of nutritious and delicious meal ideas, visit: www.mealsmatter.org.



Beverages:

- Low-fat or fat-free milk
- Water
- Coffee—regular and decaffeinated
- Low-fat or fat-free milk as coffee creamer
- Tea—hot or cold
- Sugar-free beverages
- Flavored or seltzer water
- 100% fruit or vegetable juice

Breakfast:

- Low-fat or fat-free yogurts
- Fresh fruit
- Small bagels with light cream cheese spread
- Assorted unsweetened cereals and low-fat or fat-free milk
- Whole-grain toast or English muffins with peanut butter
- Oatmeal or granola
- Hard-boiled eggs

For catered events, ask for:

- Whole-grain breads
- Milk to serve with coffee
- Salad dressings and spreads to be served on the side
- Broiled, baked, grilled or steamed items rather than fried or served with heavy sauces
- Fresh fruits and vegetables as a side
- Lower fat or smaller portion desserts such as sorbet, frozen yogurt, or angel food cake with fresh fruit topping

Snacks:

- Vegetable sticks served with yogurt dip or hummus
- Pita chips
- Fresh fruit and cottage cheese
- Unsalted or lightly salted nuts
- Pretzels
- Cheese and whole-grain crackers
- Popcorn (low-fat variety)
- Baked tortilla chips served with chunky salsa



Lunch:

- Sandwiches served with lean meats, cheese and vegetables on whole-grain bread or tortilla (light spread or mayonnaise)
- Entrée salads with oil/vinegar or low-fat dressing
- Soups (e.g., minestrone, beef/barley, chicken noodle, tomato)
- Taco bar with corn tortillas, vegetables, beans, cheese and salsa
- Stir fry with vegetables and lean meat served on brown rice

