

## UMCHS Guidelines for Healthy Meals in the Workplace

Through our programs, UMCHS, Inc. promotes healthy lifestyles which include healthy food choices and regular physical activity. It is important for us to model this commitment to healthy lifestyles with a healthy work environment.

The following guidelines were developed to help facilitate the selection of nutritious, low-fat and lower calorie food and beverage options for UMCHS meetings. By following these guidelines, we can promote better health and help reduce risks for chronic diseases. It is not the intention of these guidelines to dictate what individual staff members eat, or bring into the office for special occasions. Instead, these guidelines are intended to assist UMCHS staff in making healthy food and beverage choices for all meetings, trainings, and events where UMCHS funds or resources are utilized.

### **General Guidelines**

- Serve appropriate portion and serving sizes that reflect the 2005 Dietary Guidelines for Americans. Visit: [www.mypyramid.gov](http://www.mypyramid.gov)
- Provide entrees that are low in fat ( $\leq 30\%$  of kcals from fat)
- Keep saturated fats to a 1 gram or less per serving
- Keep trans fats(hydrogenated oils) to 1 gram or less per serving
- Consider green salads that contain a protein such as chicken, fish or beans as entrees
- Provide whole grain products; look for whole grains that have at least 3 grams of fiber per serving
- Provide at least one fresh fruit and/or vegetable at each meal/snack
- Provide vegetarian options
- Offer locally grown products, when available
- Serve nonfat or 1% milk, 100% fruit or vegetable juice, water or unsweetened iced tea instead of soft drinks and other sugar-sweetened beverages
- Provide pitchers or bottles of water at meetings
- Avoid foods with added salt and added sugar
- Include space on registration forms to indicate food allergies or dietary restrictions
- Follow safe food handling practices. For example, wash hands for 20 seconds with soap and warm water, keep hot foods hot and cold foods cold, use gloves for prepping foods for service
- Provide Nutrition Facts Labels whenever possible

### **Suggestions for Healthier Food Choices**

#### **Food suggestions for breakfast:**

- Fresh fruit or fruit canned in 100% juice
- Low or non-fat yogurt

- Hard cooked eggs
- Whole wheat or multi-grain mini bagels (or cut regular bagels in half)
- Small muffins (2-1/2" or smaller) - bran, oatmeal, or multi-grain (large muffins can be cut into smaller portion sizes)
- Fruit/whole grain quick breads (i.e., oatmeal, banana, pumpkin) - cut into small pieces
- Whole grain toast or English muffins
- Whole grain pancakes or waffles
- Offer peanut butter or low fat cream cheese
- Granola or granola bars - low fat ( $\leq 30\%$  of kcals from fat)
- High fiber cereals(at least 3 grams of fiber per serving)
- Nonfat or 1% milk
- 100% fruit or vegetable juice (4 - 6 ounce portions)
- Water - bottled, plain, sparkling or flavored sparkling with no added sugar

#### **Food suggestions for lunch/dinner:**

- Salad with low-fat or fat-free dressing
- Soups - vegetarian broth based or skim milk based (not cream)
- Pasta salad with low-fat dressing
- Sandwiches made with whole grain breads or wraps, lean meats & low-fat condiments(mustard, low fat mayonnaise)
- Offer lean cuts of meat, poultry, fish; offer 3 ounce servings
- Miniature pizzas made with whole wheat English muffins, tomato sauce, mozzarella cheese, olives and mushrooms. If ordering pizza, choose vegetable toppings or Hawaiian pizza.
- Steamed vegetables with herbs/lemon
- Whole grain rolls
- Fresh fruit or fruit canned in 100% fruit juice
- Include at least one vegetable - fresh or cooked (avoid cream sauces)
- Baked potatoes with low fat toppings (low-fat sour cream, low-fat plain yogurt, salsa, beans)
- When serving desserts, offer small serving sizes. Consider: angel food cake (2" square) with fresh fruit topping, low-fat ice cream, frozen fruit bars, frozen yogurt, rice crispy squares, oatmeal raisin cookies or yogurt parfaits made with fruit, yogurt and crushed graham crackers or granola for topping.
- Instead of regular chips, offer fruit, veggies, pretzels, baked chips or whole grain chips (such as Sun chips, Pita chips)
- Water- bottled, plain, sparkling or flavored sparkling with no added sugar

#### **Food suggestions for snacks (am/pm):**

- Consider whether it is necessary to provide snacks at meetings, presentations, and seminars, especially mid-morning and mid-afternoon.
- Fresh fruit - cut up and offered with low-fat yogurt dip
- Raw vegetables - if providing, choose non-fat, low-fat dips or salsa

- 100% fruit or vegetable juice, avoid soft drinks
- String cheese
- Granola bars – made with nuts and whole grains, not covered in chocolate
- Light popcorn (lightly salted)
- Whole grain crackers
- Dried fruit or trail mix
- Roasted nuts
- Water – bottled, plain, sparkling, or flavored sparkling with no added sugar
- Coffee, tea (offer decaf)- served with nonfat or 1% milk