

The mission of **Pathway to Wellness** is to increase awareness of healthy and positive lifestyle choices by providing programs and resources that promote a culture of health and wellness for the Upstate Medical University community.

This guide provides recommendations how to make healthy, nutritious choices when planning meetings and events.

### Healthy Alternatives to Traditional Meeting Food Choices

Instead of:	Try:
Soda	Water
Fruit flavored drinks	100% fruit or vegetable juices
Regular bagels	Small or "mini" size whole grain bagels
Regular muffins, croissants, doughnuts, sweet pastries	Small muffins (low fat, whole grain)
Butter	Light margarine or olive oil
Regular cream cheese	Low-fat cream cheese
Regular cheese	Low-fat cheese
Regular crackers	Whole grain crackers
Regular chips	Baked or low fat chips and pretzels
Mayonnaise or sour cream based dips	Salsa, low-fat cottage cheese or low-fat salad dressing dips
Chips or cookies	Fruit and vegetable trays
Fruit pies or tarts	Fresh fruit
Salads with dressings	Salads with dressing on the side
Regular dressings	Low-fat or fat free dressings and vinaigrettes
Mayonnaise-based pasta salads	Pasta salads made with low-fat dressings or oil and vinegar
Sandwiches on white bread or croissants	Sandwiches on whole grain sandwiches and wraps
White rice	Brown rice
High fat cold cuts and fried meats	Lean deli meats, skinless poultry, fish or tofu
Cooked vegetables in cream sauces	Steamed vegetables

# Healthy Meeting Guide



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# Quick Tips

## Encourage Healthy Choices

- ▶ Limit food choices. People eat more when given more food choices, even when they're not hungry.
- ▶ Use smaller plates and napkins to encourage healthy portions
- ▶ Balance the meal by providing a variety of fruits and vegetables
- ▶ Serve all condiments, sauces and dressings on the side to give people a choice
- ▶ Always offer water
- ▶ Include the choice of a vegetarian meal.
- ▶ Desert is not always necessary. If provided, make it low in calories.

## Nutrition

- ▶ **Calories** – try to keep total calories between 500- 600 calories for meals and 100 – 200 calories for snacks
- ▶ **Fat** – Select low fat dairy products, lean meats and healthy oils like canola or olive oils. Keep total fat intake to less than 35% of the meals total calories
- ▶ **Fiber** – include whole grain breads, cereals, rice, and pasta as well as a variety of fruits and vegetables.
- ▶ **Sodium** – request low sodium options
- ▶ **Beverages** – avoid sodas and juices with high sugar content. Instead offer water, diet sodas, tea and coffee



# Suggested Foods and Beverages for Healthy Meetings and Events



## Beverages

- Ice water (Pitcher)
- Bottled water
- Flavored water with no sugar
- 100% fruit or vegetable juice
- Skim or 1% milk
- Hot or cold regular or herb teas
- Regular and decaffeinated coffee
- Creamers – fat-free half and half, skim or 1% milk

## Breakfast Foods

- Fresh fruit
- Fat-free yogurt
- Bagels (3 1/2" diameter or less) cut in half
- Low-fat cream cheese, jelly or jam, or peanut butter
- Whole wheat English muffins
- Low-fat mini muffins (5 g fat or less per muffin)
- Low-fat fruit bread (5 g fat or less per 1 oz slice)
- Low-fat granola bars (5 g fat or less per bar)
- Low fat grain cereals
- Low fat cereal bars
- Scrambled or hard boiled eggs
- Canadian bacon

## Box Lunches

- Whole grain breads, pita wraps or flatbreads
- Lean turkey and chicken, or tofu
- Cheese (no more than 1 oz per serving)
- Lettuce, sprouts, tomatoes, onions, pickles, mustard, catsup, low-fat mayonnaise
- Pretzels or baked chips
- Fresh fruit and vegetables

## Catered Lunch or Dinners

- Lean meats served baked, broiled, roasted, steamed or grilled
- Soups made with broth or vegetable base
- Whole-wheat pasta with sauces using vegetable, tomato or wine base
- Wild and brown rice
- Fresh or cooked vegetables (at least two without butter or cream sauce)
- Side salads with low-fat or fat-free dressing on the side
- Salads with dark lettuces, spinach, beans, peas, grilled meats and low fat cheeses (dressing on the side)
- Tomato-based sauces
- Whole grain breads or rolls without butter or margarine (consider not serving)
- Vegetarian alternatives
- Fruit salad or fresh fruit with low fat yogurt dip

## Receptions

- Fresh fruit with yogurt dip
- Raw vegetables with fat-free or low-fat dressing
- Pasta, tofu, and vegetable salads with fat-free or low-fat dressing
- Fresh vegetable spring rolls
- Vegetable sushi rolls
- Cheese in 3/4" squares or smaller
- Whole grain crackers
- Lean beef or turkey
- Poached or steamed salmon

## Snacks

- Pretzels, baked potato chips
- Baked tortilla chips with salsa
- Rice cakes
- Fresh fruit or vegetables
- Dried fruit
- Low-fat granola bars or trail mix
- Low-fat yogurt