

Healthy catering and ordering tips



We're committed to making the healthy choice the easy choice at work. Check out these simple ways to encourage healthy eating at your next meeting.



Food for thought

- **Less is more**

1 or 2 choices is all you need. The more options people have, the more they'll eat, regardless of how hungry they are.

- **Portion control**

When there's too much food, people tend to eat too much. The trick is to order enough for everyone without going overboard. Think 1 sandwich per person, or, even better, half a sandwich and a salad. You can also help keep serving sizes in check by using smaller plates and bowls.

- **Balance is everything**

A healthy plate has one-half fresh fruits and/or veggies, one-quarter whole grains, and one-quarter protein.

- **Calories count**

Aim for meals under 700 calories and snacks under 200 calories.



Build a better breakfast

- **Power up with protein**

To keep everyone fueled and focused, offer protein-packed options like eggs, low-fat cheese, and low-fat Greek yogurt, which has twice the protein of regular yogurt.

- **Skip the juice and go for fresh fruit**

It's refreshing, delicious, and full of fiber to help you feel fuller longer.

- **Rethink the drinks**

Offer caffeine-free options like herbal tea, in addition to coffee. Skip artificial add-ins and use low-fat dairy, soy or almond milk, and natural sweeteners.

- **Be carb-conscious**

Instead of breakfast pastries, choose whole-wheat toast, muffins, or bagels. Go mini if you can, and opt for low-fat, low-sugar toppings.

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Build a better breakfast

- **Cold breakfast ideas**

- Hard-boiled eggs
- Greek yogurt with fresh berries
- Whole-wheat bagel with low-fat cream cheese, tomato, and cucumber
- Fresh fruit

- **Hot breakfast ideas**

- Oatmeal with dried fruit and nuts
- Frittata with roasted veggies
- Breakfast burrito with eggs, veggies, and salsa
- Oven-roasted potatoes made with olive oil



Lighten up lunch

- **Pick a lean protein**

Think chicken or fish, but always offer a vegetarian option, too. Hummus, beans, or tofu will keep everyone satisfied.

- **Feature healthy fats**

Hold the mayo! Yogurt-based spreads, vinaigrettes, and mustards are healthy, flavorful options for sandwiches, wraps, and salads.

- **Go greener**

The greener, the better. Choose salads with spring mix, spinach, or kale for a nutrition-packed alternative to iceberg lettuce.

- **Say no to soda**

Iced tea, water flavored with citrus or mint, and sparkling water are healthy, refreshing, and sugar-free.

- **Cold lunch ideas**

- Whole-wheat sandwiches or wraps filled with protein and veggies
- Salad made with veggies and lean protein, with oil-based dressing on the side
- Crunchy veggie sticks
- Fresh fruit for dessert

- **Hot lunch ideas**

- Grilled chicken or fish
- Whole grains like brown rice, quinoa, or whole-wheat pasta
- Tomato or broth-based soup
- Grilled, stir-fried, or steamed veggies



Check out kp.org/nutrition for more healthy tips.

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