

Show your passion for health by the food you serve!!

Let's role-model health and good nutrition by choosing these nutritious options for your meetings and events! For more information please contact Maricopa County Office of Nutrition Services (602-506-9333).

- Provide water to drink; jazz it up with fresh citrus slices on the side to make your own flavored waters
- Look for beverages with 25 calories per 8 ounces or less- such as coffee, tea or flavored seltzers or water
- Try to avoid sweetened beverages such as soda, sweetened teas, and fruit drinks
- Remember half of our plates should be fruits and vegetables! Salads with low fat dressings and whole pieces of fruit make great meals and snacks
- Keep portions small by cutting what you offer into half or quarters
- Offer low fat (1% or fat-free) when serving milk or yogurt
- Provide whole grain options when serving bread, cereal, pasta or rice
- Avoid fried foods and snacks

YUMMY IDEAS

Breakfast

- Mini whole-wheat bagels, sliced and quartered, with fruit spread, low-fat cream cheese, peanut butter or other nut butters
- Low-fat plain yogurt with low-fat granola
- Bananas, tangerines, and apples
- Coffee, tea, low-fat milk, water

Lunch

- Turkey, lettuce and tomato sandwiches on whole-wheat bread
- Whole-wheat pita sandwiches stuffed with grilled vegetables
- Chopped salad of mixed greens, red peppers, cucumbers, and chickpeas with oil and vinegar on the side
- Fresh fruit salad
- Bite-sized chocolate cookies
- Coffee, tea, low-fat milk, water, seltzer

Celebrations

- Mixed vegetable platter with spicy salsa, hummus, and herb yogurt dips
- Air-popped popcorn
- Assortment of low-fat cheeses served whole-grain crackers
- Fresh fruit
- Celebration cake bites
- Coffee, tea, low-fat milk, water, seltzer



Let's show the public what healthy eating is all about!

*Adapted from NYC Health Department

Bonus Breakfasts

- Whole or pre-cut fruit
- 1% or fat-free milk
- Low-fat or fat-free plain yogurt with fresh fruit mix ins
- Beverages with no more than 25 calories per 8 ounce such as coffee and tea
- Choose 100% juice and serve in small 6 ounce cups
- Try to avoid fruit drinks that are not 100% juice—they are sugar water!
- Serve whole grain products
- Cut bagels and large muffins in half or serve mini sizes
- Avoid sugar sweetened beverages like juice drinks, soda, and sweetened teas
- Whole wheat tortilla, peanut butter and banana roll ups-yum!



Luscious Lunches

- Remember 1/2 of each plate should be fruits and vegetables!
- Salads with many chopped vegetables
- Whole grain pasta with tomato sauce or a brown rice vegetable stir fry
- Fresh, lean sandwich fillings such as grilled vegetables and turkey with lettuce and tomato on 100% whole grain bread or tortillas
- Whole or pre-cut fruit
- Cut sandwiches in half or quarters
- Lower calorie condiments are yummy! Instead of mayo, sour cream, or cheese sauces try mustards, low-fat mayonnaise, and salad dressings on the side
- Serve low in saturated fat dips such as salsa and hummus
- Request that mayonnaise-based salads be made with low-fat mayonnaise or light amounts of olive oil
- Consider fruit for dessert; make your own fruit and yogurt parfaits
- Pre-cut desserts into small portions or serve mini-treats, consider a piece of hard candy if you really need a sweet ending
- Avoid sugar sweetened beverages such as soda, sweetened teas, and juice drinks
- Avoid high calorie or fried snacks such as chips, French fries or fried chicken



Special Events

- Remember 1/2 of each plate should be fruits and vegetables!
- Whole or pre-cut fruit
- Serve low in saturated fat dips such as salsa and hummus
- Fruit kabobs with yogurt drizzle
- Frost a cut watermelon with fat free whip topping for a great fruit cake
- Avoid sugar sweetened beverages such as soda, sweetened teas, and juice drinks
- Make your own veggie or cracker dip with fat free sour cream, yogurt, and spices
- Serve whole grain snacks such as low-fat or air-popped popcorn or whole-wheat crackers
- Serve 1% or fat-free milk and yogurt with no added sugars
- Muffins made from whole wheat flour with banana or blueberries; zucchini or carrot



For more information please contact
Maricopa County Dept of Public Health
602-506-FOOD (3663)