

Planning Healthy Meetings & Events

Here is your guide to planning meetings and events with good health in mind. From small working meetings to major company functions, this guide offers healthy ideas that will energize meeting participants and stave off the usual “sugar slump” of typical meeting fare. By using this resource, you demonstrate your company’s commitment to the well-being of their employees.

General Guidelines

Eating high-carb foods alone can make you feel tired. Try combining whole grain foods and ‘good’ carbs with heart-healthy high protein foods to lessen this effect.

Good Carbohydrates

- ◆ Whole grain cereals
- ◆ Whole grain breads
- ◆ Whole grain cereal bars
- ◆ Whole grain muffins
- ◆ Whole wheat pasta
- ◆ Brown rice, whole wheat couscous & other grains
- ◆ Sweet potatoes or yams
- ◆ Popcorn
- ◆ Whole grain crackers
- ◆ Fruit

Heart-Healthy Proteins

- ◆ Shellfish & fish
- ◆ Chicken breast
- ◆ Turkey breast
- ◆ Pork tenderloin
- ◆ Bean & peas
- ◆ Lean beef
- ◆ Low-fat or fat-free milk
- ◆ Low-fat or fat free yogurt
- ◆ Low-fat cheeses
- ◆ All-natural nut butters*
- ◆ Nuts*

* Be mindful of nut allergies

If a meeting is going to last more than an hour, remember to have water and possibly fresh fruit available throughout.

Working with a Caterer or Chef

If you’re working with a caterer or a hotel chef to plan meals & snacks, it’s likely that you’ll be picking from a pre-set menu. To avoid the additional fees associated with customizing meals, work with what they have and discuss ways to have healthy options available throughout the meeting.

Consider requesting:

- ◆ Fruit & vegetables be served with every meal & break
- ◆ Whole-grain cereals, breads, rice & pasta be used whenever possible
- ◆ Fresh fruit always be available as a dessert option
- ◆ Other desserts be smaller portions and garnished with fresh fruit
- ◆ Sauces for vegetables, grains & meats always be on the side
- ◆ High-fat salad ingredients – dressings, cheese, croutons, bacon bits – be served on the side
- ◆ No fried food



Breakfast Meeting

- ◆ Fruit Salad
- ◆ Whole Fruit
- ◆ Low-fat yogurt
- ◆ Cottage cheese
- ◆ Mini-boxes of whole grain cereal & low-fat milk
- ◆ Hot whole grain cereal
- ◆ 100% fruit juice
- ◆ Nuts or all natural nut butters
- ◆ Whole grain bread or rolls
- ◆ Low-fat whole grain muffins

Any Occasion Beverages

- Low-fat or fat-free milk
- 100% fruit & vegetable juice
- Diet soda
- Sugar free lemonade
- Unsweetened iced tea
- Water

Lunch or Dinner Meetings

Appetizers

- ◆ Raw vegetables & low-fat dip
- ◆ Reduced-fat cheese assortment & whole-grain crackers
- ◆ Baked tortilla chips, bean dip & salsa
- ◆ Hummus & whole wheat pita bread
- ◆ Roasted red peppers on thinly sliced whole grain bread
- ◆ Spinach dip made with low-fat mayonnaise and/or sour cream in a pumpernickel or wheat bread bowl

Salads & Side Dishes

- ◆ Mixed greens salad with low-fat dressing (on the side)
- ◆ Fruit salad
- ◆ Spinach salad with mandarin oranges & toasted almonds
- ◆ Red potatoes salad made with low-fat mayonnaise
- ◆ Tomato salad with artichoke hearts, onions, black olives, mint & oregano
- ◆ Three bean salad
- ◆ Corn salad with red & green peppers
- ◆ Brown rice or whole wheat couscous with dried fruit and/or vegetables

Main Dishes

- ◆ Turkey chili & soups (Tomato & broth-based)
- ◆ Turkey sandwiches on whole grain bread
- ◆ Vegetable pizza
- ◆ Vegetable-stuffed pita sandwiches with sliced avocado and low-fat dressing
- ◆ Taco salad made with chicken
- ◆ Vegetarian lasagna made with reduced-fat cheese

Desserts

- ◆ Fresh fruit salad
- ◆ Fruit cobbler
- ◆ Fruit pies
- ◆ Fig bars or oatmeal cookies
- ◆ Frozen yogurt, sorbet or reduced-fat ice cream
- ◆ Brownies made with applesauce & pineapple
- ◆ Angel food cake garnished with fruit puree
- ◆ Dark chocolate-covered strawberries
- ◆ Baked apples or pears