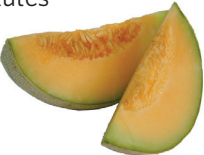













# Food tips for healthy meetings

Meal	Always	Sometimes	Never
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Fresh, frozen or canned-in-juice fruits <input type="checkbox"/></li> <li>Whole-grain breads</li> <li>Hot or cold unsweetened whole-grain breakfast cereals</li> <li>Fat-free or low-fat yogurt</li> <li>Egg whites and egg substitutes</li> <li>Fat-free or 1% milk</li> <li>Unsweetened coffee or tea</li> </ul> 	<ul style="list-style-type: none"> <li>Dried fruits or fruit in light syrup <input type="checkbox"/></li> <li>White refined flour bread, biscuits</li> <li>French toast</li> <li>Granola</li> <li>Waffles and pancakes</li> <li>Ham or Canadian bacon</li> <li>Whole eggs cooked without added fat</li> <li>2% low-fat milk</li> <li>100% fruit juice</li> </ul> 	<ul style="list-style-type: none"> <li>Fruits canned in heavy syrup <input type="checkbox"/></li> <li>Croissants, doughnuts and sweet rolls</li> <li>Hash browns or fried potatoes</li> <li>Sweetened breakfast cereals</li> <li>Bacon or sausage</li> <li>Whole eggs cooked with fat</li> <li>Whole milk</li> <li>Coffee or tea sweetened with sugar</li> <li>Fruit drinks with less than 100% fruit juice</li> <li>Regular or diet soda</li> </ul> 
<b>Lunch</b>	<ul style="list-style-type: none"> <li>Vegetables without added fat and sauces <input type="checkbox"/></li> <li>Whole-grain pita bread or tortilla wraps</li> <li>Part-skim, reduced fat or fat-free cheese</li> <li>Low-fat or fat-free cottage cheese</li> <li>Chicken or turkey without skin</li> <li>Water</li> <li>Unsweetened ice tea or diet ice tea</li> </ul> 	<ul style="list-style-type: none"> <li>Baked chips <input type="checkbox"/></li> <li>Avocado</li> <li>White refined flour bread or taco shells</li> <li>Processed cheese spread</li> <li>Broiled hamburgers</li> <li>Low-fat hot dogs</li> <li>Pizza</li> <li>Peanut butter</li> <li>2% low-fat milk or sports drinks</li> <li>Regular or diet soda</li> </ul> 	<ul style="list-style-type: none"> <li>French fries <input type="checkbox"/></li> <li>Crackers made with trans fats</li> <li>Cheddar, colby, swiss, cream cheeses</li> <li>Fried hamburgers</li> <li>Fried chicken</li> <li>Lunch meats</li> <li>Cookies</li> <li>Pies and cakes</li> </ul> 
<b>Dinner</b>	<ul style="list-style-type: none"> <li>Vegetables without added fat and sauces <input type="checkbox"/></li> <li>Brown rice or whole-grain pasta</li> <li>Chicken or turkey without skin</li> <li>Trimmed beef and pork</li> <li>Extra lean ground beef</li> <li>Baked, broiled, steamed, grilled fish/shellfish</li> <li>Tofu, lentils, beans</li> </ul> 	<ul style="list-style-type: none"> <li>Vegetables with added fat and sauces <input type="checkbox"/></li> <li>Oven-baked French fries</li> <li>Cornbread or white rice</li> <li>Lean ground beef</li> <li>Broiled hamburgers</li> <li>Chicken or turkey with skin</li> <li>Ice milk or frozen fruit bars</li> <li>Low-fat or fat-free frozen yogurt</li> <li>Regular or diet soda</li> </ul> 	<ul style="list-style-type: none"> <li>Deep-fried vegetables <input type="checkbox"/></li> <li>Untrimmed beef and pork</li> <li>Regular ground beef</li> <li>Ribs</li> <li>Chicken nuggets</li> <li>Fried fish/shellfish</li> <li>Cheesecake</li> <li>Ice cream</li> </ul> 
<b>Snacks</b>	<ul style="list-style-type: none"> <li>Fresh vegetables or fruit <input type="checkbox"/></li> <li>Fat-free or low-fat yogurt</li> <li>Water</li> <li>Unsweetened ice tea or diet ice tea</li> </ul> 	<ul style="list-style-type: none"> <li>Fig bars or ginger snaps <input type="checkbox"/></li> <li>Nuts, baked chips, pretzels</li> <li>Low-fat microwave popcorn</li> <li>Regular or diet soda</li> <li>Sports drinks or 100% fruit juice</li> </ul> 	<ul style="list-style-type: none"> <li>Candy, chocolate <input type="checkbox"/></li> <li>Potato chips</li> <li>Buttered microwave popcorn</li> <li>Fruit drinks with less than 100% fruit juice</li> </ul> 

Event Planner

Dept.

Leader

Event

Date