

Healthy Catering in the Workplace

Are you in charge of buying food for your organization?

Buying food for groups can be a tough job when you are shopping on a budget and need to buy things people will like. This guide helps you choose healthier options when ordering food.



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Healthy Catering Alternatives

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If you would like a Billings area restaurant menu reviewed, visit <http://www.healthybydesignyellowstone.org/contactus/> and submit your request. Healthy By Design will e-mail or call you with information.



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Healthy Catering Alternatives

Simple and small changes can make a big difference. Use the following tables to determine which healthy changes your organization can make when ordering and serving meals and snacks.

Italian Fare

<i>Instead of...</i>	<i>Choose...</i>
Serving family-style or buffet	Pre-portioned servings served by staff
Cream, butter or cheese based sauces	Tomato or marinara sauce
Menu items with sausage, pepperoni, or fried meat or vegetables	Menu items with vegetables and grilled or baked meat
White pasta	Whole-grain pasta
Breadsticks	Salad with low-fat dressing, vegetable tray or fruit salad

Typical restaurant serving (2-3 cups) of fettuccine alfredo
1000-1200 calories



VS.



Typical restaurant serving (2-3 cups) of spaghetti with marinara sauce
550-800 calories

Asian Fare

<i>Instead of...</i>	<i>Choose...</i>
Serving family-style or buffet	Pre-portioned servings served by staff
Fried egg rolls or dumplings	Soups: egg drop, miso, wonton or hot and sour; steamed dumplings
Fried menu items	Stir-fried (request broth or stock instead of oil), steamed, roasted or broiled
Meat only dishes	Dishes that contain mostly vegetables; tofu is an excellent meat substitute
White rice or fried rice	Brown rice

*The Healthy Catering Alternatives were originally produced by Eat Smart Move More North Carolina.

American Fare/Fast Food

<i>Instead of...</i>	<i>Choose...</i>
Whole portions	Smaller-sized portions and thinner types of rolls/bread
Burgers or hot dogs	Grilled chicken sandwiches, turkey burgers or veggie burgers
Chicken nuggets or fried chicken	Grilled chicken strips, baked or rotisserie chicken pieces; skinless
Fried menu items	Grilled, baked or broiled
White bun or bread	Whole-wheat bun or bread
Mayo, cheese, and sauces	Condiments like ketchup, mustard, BBQ sauce or pickles on the side
French fries	Baked potato, mashed potatoes, sweet potato, salad with low-fat dressing, carrots and low-fat dip or cut up fruit
Ice cream/milkshake	Yogurt parfait

1 large beef, rice and chesse burrito with sour cream on 12" tortilla
800-950 calories



VS.



1 large bean and cheese burrito with Pico de Gallo on 12" tortilla
500-700 calories

Mexican Fare

<i>Instead of...</i>	<i>Choose...</i>
Serving family-style or buffet	Pre-portioned servings served by staff
Loaded nachos	Quesadilla triangles that can be portioned easily
Menu items with fried chicken or beef	Grilled chicken or beans and rice
Beef burrito	Chicken, vegetable and/or bean burrito
Loaded taco or burrito	Salsa, tomatoes, onions and/or cilantro in place of sauce, sour cream and cheese
Mexican rice or refried beans	Black beans or pinto beans
Unlimited chips and salsa	Pre-portioned serving of chips and salsa

Snacks/Desserts/Drinks

<i>Instead of...</i>	<i>Choose...</i>
Potato chips	Baked chips, pretzels or low-fat popcorn
Pre-packaged crackers with cheese spread or peanut butter	Whole-grain crackers with peanut butter or low-fat cheese; peanut butter and jelly on whole-wheat bread
Pre-packaged brownies, cakes and cream-filled pastries	Trail mix
Chocolate chip or peanut butter cookies	Animal crackers, vanilla wafers, graham crackers or fig bars
Ice cream	Frozen yogurt, sorbet, sherbet, frozen fudge bars or low-fat pudding, yogurt cups
Cake with icing	Angel food cake with fruit and fat-free whipped topping
Pies, cobbler, donuts or other baked goods	Fruit with yogurt dip, fruit kabobs, fruit and yogurt parfait
Candy or chocolate bars	100% fruit snacks
Soda, fruit flavored drinks, sports drinks or sweet tea	Carbonated or flavored water, 100% fruit juice (limit serving size to 4-6 oz.), unsweetened tea, diet drinks

1 bag (1 ounce)
potato chips
160 calories



VS.



1 bag (1 ounce)
pretzels
110 calories

Pizza

<i>Instead of...</i>	<i>Choose...</i>
Slices	Small squares
Deep dish	Thin crust
Pepperoni, sausage or ham	Chicken, vegetables, pineapple
White flour crust	Whole-wheat crust
Breadsticks	Salad with low-fat dressing, vegetable tray or fruit salad

Breakfast

<i>Instead of...</i>	<i>Choose...</i>
Sweetened, canned fruit	Thawed frozen fruit, cut-up fresh fruit or canned fruit in its own juice
Regular bagels	Small bagels (3.5" diameter or less) and low-fat cream cheese or peanut butter
Croissants, toaster pastries, sweet rolls, doughnuts, pastries	Mini muffins (5g fat or less each), low-fat granola bars, or whole-wheat toast
Pancakes	Low-sugar instant oatmeal packets
Sausage or bacon	Protein sources like low/fat-free yogurt, eggs, peanut butter, Canadian bacon, vegetarian sausage or meat substitutes
Biscuits	Whole-grain English muffins or whole-wheat bread
Sweetened cereals (chocolate-flavored or fruit-flavored puffed cereal, cereal with marshmallows, or frosted cereal)	Low-sugar cereals (oat cereal, puffed rice crisps or bran flakes with raisins)

1 bagel with cream cheese
450 calories



VS.



1 serving of cereal with skim milk
250 calories

Sandwiches and Subs

<i>Instead of...</i>	<i>Choose...</i>
Whole portions	Half size or quarter size portions
White bread or sub roll	Whole-wheat bread, pita or tortilla
Ham, pepperoni, salami and bologna	Lean meats (turkey, chicken, roast beef) or vegetables and cheese only
Extra meat or cheese	Vegetables (tomatoes, lettuce, cucumbers and green peppers)
Mayo and/or sauces	Condiments like mustard, oil and vinegar on the side
Chips	Baked chips, pretzels or baby carrots
Potato salad or pasta salad	Salad with low-fat dressing, vegetable tray or fruit salad

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Healthier Options at Billings Area Restaurants

The following pages give examples of healthier options for several restaurants in the Billings area. If ordering from a restaurant not listed, ask if they provide healthier options.

Back Porch Deli

Sandwich Selections: Half Sandwich Combo Meal (Turkey, Roast Beef, or Vegetarian)

Bread Choice: Whole wheat or multigrain

Condiments: All condiments should be asked to be on the side

Sides: Salads- Dressing on side; no ranch

Soups- Avoid cream-based soups (e.g. cream of mushroom, clam chowder); opt for broth-based (e.g. chicken noodle, bean)

Chili- Avoid sour cream and cheese toppings

Dessert- Fruit bowl

Grains of Montana

Sandwich Selections: Half Sandwich Combo Meal (Chicken, Turkey, or Vegetarian)

Bread Choice: Wheat or multigrain

Condiments: All condiments should be asked to be on the side

Sides: Salads- Dressing on side; no ranch

Soups- Avoid cream-based soups (e.g. cream of mushroom, clam chowder); opt for broth-based (e.g. chicken noodle, bean)

Dessert- (if needed) Small portions

Jimmy John's Gourmet Sandwiches

Sandwich Selections: 8" Sub Sandwiches/Box Lunches (#2 Big John, #3 Totally Tuna, #4 Turkey Tom, or #6 Vegetarian)

Bread Choice: Preferably wheat bread

Condiments: All condiments should be asked to be on the side

Sides: Chips- Try to request all "Thinny Chips"

Dessert- (if needed) Oatmeal raisin cookies

Qdoba Mexican Grill

Entree Selections: Naked Burritos, Naked Salads, 3-corn Tacos (Chicken, Steak, or Grilled Vegetables)

Grain Choice: Brown rice, if available for Naked Burrito

Condiments: Choose salsas, guacamole and lettuce

Sides: Dessert- (if needed) Small portions

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The Soup Place

Sandwich Selections: Half Sandwich Combo Meal (Turkey, Roast Beef, Vegetarian, or Tuna; Toppings- Lettuce, tomato and provolone)

Bread Choice: Whole Wheat or Multigrain

Condiments: All condiments should be asked to be on the side

Sides: Salad*- Dressing on side; no ranch

Soups- Avoid cream-based soups (e.g. cream of mushroom, clam chowder); opt for broth-based (e.g. chicken noodle, bean)

Dessert- (if needed) Small portions

*Note: They deliver salad in large bowl; we suggest ordering for fewer than you expect to feed.

Subway

Sandwich Selection: Sandwich Boxed Lunch (Turkey, Roast Beef, Vegetarian, or Chicken Breast)

Bread Choice: Wheat

Condiments: All condiments should be asked to be on the side

Sides: Apples, raisins, and yogurt (these are better than chips!)

Baked chips

Dessert- (if needed) Small portions