

# 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><b>Instead of...</b></i>      | <i><b>Choose...</b></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><b>Instead of...</b></i>           | <i><b>Choose...</b></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><b>Instead of...</b></i>                               | <i><b>Choose...</b></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><b>Instead of...</b></i> | <i><b>Choose...</b></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><b>Instead of...</b></i>   | <i><b>Choose...</b></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><b>Instead of...</b></i>        | <i><b>Choose...</b></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