

# Healthy Catering Tips



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# Choose

An item from each group from “MyPlate”

- Grains: whole grain
- Protein: lean meats
- Fruit: can be dessert!
- Vegetable: half your plate!
- Dairy: fat free or low fat



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# Choose a Grain

- Whole wheat bread
- Whole wheat pita
- Whole wheat tortilla
- Brown rice
- Whole grain pasta
- Whole grain pizza crust
- Oatmeal
- Quinoa
- Bulgur
- Popcorn
- Barley
- Millet



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# Choose a Protein

- Turkey
- Chicken
- Eggs
- Tuna
- Nuts
- Seeds
- Beans
- Legumes
- Beef
- Bison
- Salmon



# Choose as much fruit as you want

## Fruit of all kinds!

- Apples
- Berries
- Banana
- Melon
- Grapes
- Citrus fruits
- Pears
- Kiwi
- Pineapple
- Peaches
- Cherries



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# Choose as many vegetables as you want

- Romaine
- Spinach
- Peppers
- Onion
- Pickles
- Sprouts
- Carrots
- Celery
- Tomato
- Avocado
- Cucumbers
- Artichoke



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# Choose a dairy

- Milk
- Cheese
- Yogurt



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# Breakfast Ideas

- Muffin tin quiches: egg, spinach, broccoli, cheese
- Smoothies: vegetables & fruits
- Yogurt parfait bar: Greek yogurt, fruit, granola
- Oatmeal bar: raisins, flax, chia, or other fruit
- Burrito bar: small tortillas, black beans, eggs, peppers, cheese
- Sandwiches: whole grain, egg whites, turkey bacon or sausage.



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# Fast Food Breakfast Example

**850 calories 37g fat**

- Egg w/ English muffin (290 calories)
- Hashbrown (150 calories)
- Medium mocha with whip cream (410)

**versus**

**480 calories 8g fat**

- Egg white sandwich (250)
- Small nonfat mocha, no whip cream (230)



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# What to choose?

- Bagel w/ cream cheese

360 calories

- Cinnamon roll

420 calories

- Blueberry muffin

310 calories

versus

- Yogurt & granola parfait

150 calories

- Fresh fruit cup

60 calories

- Mini blueberry muffin

70 calories



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# Lunch

- Wraps: whole grain, lean meats
- Sandwiches: whole grain breads, lean meats
- Veggie Tray: go easy on the dipping sauce
- Fruit as a side instead of chips
- Salad Bar: with low fat dressings
- Thin crust pizza: with tons of veggies
- Taco bar: with low fat sides



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# Sub Shop Lunch Example

## 800 calories

- 4" ham sandwich on Italian Herb & Cheese with cheese, lettuce, tomato, cucumbers, and yellow mustard (300 calories)
- Peanut butter Cookie (220 calories)
- Baked Lays (130 calories)
- 12oz coke (150 calories)

versus

## 335 calories

- 4" ham sandwich on Italian Herb & Cheese with cheese, lettuce, tomato, cucumbers, and yellow mustard (300 calories)
- Apple Slices (35 calories)
- Water



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# Dinner

- Try serving tapas so everyone can try a little of everything
- If you can't resist dessert, serve very small portions.
- Have the servings already portioned out



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# Dinner Examples

- Eggplant parmesan
- Lasagna: lean meat and low fat cheese or vegetarian.
- Mini meatloaves
- Taco bar: small tortillas, black beans, vegetables, reduced fat cheese, and low fat sour cream,
- Pasta bar: whole grain noodles, vegetables, and low fat sauce
- Pair lean meats with vegetables!



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# Healthy Catering Tips

- Small portions is the key
- Provide only healthy choices
- Provide vegetarian options
- Choose lean meats
- Try reduced fat or fat free products
- Skip dessert or offer fruit!



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