



HEALTHY FOOD AND BEVERAGE POLICY

HEALTHY MEETING GUIDE

At ANTHC, we want to make the healthy choice the easy choice. This guide provides ideas for offering healthier options at events and encouraging attendees to enjoy these options.

[ANTHC's Healthy Food and Beverage Policy](#) applies to foods and beverages served at meetings, trainings, and other events. Our policy does not dictate what foods can or can't be offered; instead, it seeks to ensure that healthier options are provided at events so that anyone who wants to choose them can. In many cases, this may only require small changes to which foods are offered or how they are presented.

This guide is designed to serve as a handy reference and a starting point. Depending on the type of gathering you are hosting, providing healthier options may require conversations with your caterer about what they are able to offer, how dishes and menus can be modified and how healthier options can be highlighted.

What beverages are healthy?

Per our policy, at least 75% of beverage options offered at ANTHC-hosted events must be healthy beverages. Healthy beverages include:

- water, including fruit- or vegetable-infused water
- seltzers
- 100% fruit juice (servings limited to 4 ounces if possible), 100% vegetable juice with less than 140 mg of sodium per 8 ounce serving
- unsweetened coffee and tea
- unflavored milk
- unsweetened dairy alternatives (e.g., soy milk)

Healthy Options Are Inclusive

When we commit to offering nutritious food and drink options at our events, we allow more of our attendees to share in the food we serve and encourage healthy choices at the same time.



Healthy Meeting Tips

1. Offer only healthy beverages and make sure water is always available.
2. Cut bagels, donuts and other sugary items in half to allow easier portion control.
3. Offer whole grains.
4. Offer fruits or vegetables.
5. If there is a signup sheet for a potluck, suggest or include healthy options on the list.
6. When providing a meal, offer a vegetarian option.
7. Place fruits and vegetables first in buffet lines.
8. Serve vegetables with hummus instead of ranch dip.
9. Do not place candy or candy bowls in the meeting space.
10. Use smaller plates, bowls and serving utensils.
11. Do not serve fried foods.

"I like having healthy food options on campus because it allows me to take better care of myself so I can be a better nurse! "

- ANMC Nurse

Bonus Tip: Serve condiments and dressing on the side.

Condiments and dressings often have lots of sodium, sugar or fat. Try mustard, hummus or chutney for spreads on sandwiches. For salad dressings, offer oil and vinegar or lower-fat versions.

See the next page for Healthy Option Ideas

Healthy Option Ideas

Breakfast

- Always serve fruit. Cut fresh fruit into slices or chop it into a fruit salad to make easier to eat.
- Oatmeal with cinnamon, nuts and dried or fresh fruit
- Low-fat or non-fat plain yogurt with fresh berries, bananas or other cut fruit
- Whole grain cereal low in sugar (lower than 6g per serving) and high in fiber
- Fiber-rich, whole grain breads: small whole grain bagel (3½ inch diameter) or full size cut in quarters, whole wheat English muffins or whole wheat toast
- Spreads: peanut butter, other nut butters, low-fat cream cheese or hummus
- Scrambled eggs, egg whites or egg substitute with vegetables (bell peppers, spinach, onions, mushrooms, tomatoes)
- Breakfast burrito: scrambled eggs, egg whites, or egg substitute, onions, peppers, black beans, salsa and whole grain tortilla

Snacks

- Sliced fruit: melon, kiwis, oranges, apples, pineapple or peaches
- Easy to eat (and peel) fruit: bananas, grapes, berries, clementines or plums
- Vegetable tray with hummus
- Pepper strips and cucumber slices with salsa
- Dried fruit (no sugar added)
- Unsalted peanuts, almonds, walnuts, pistachios, cashews with fruit, sunflower seeds or pumpkin seeds
- Plain yogurt with berries

Lunch - Sandwiches

- Whole grain bread or whole grain wraps
- Lean meats, poultry, seafood and non-meat proteins: sliced turkey, chicken, fish (tuna, shrimp, salmon), egg, tofu, hummus or bean spread
- Any vegetable: lettuce, raw spinach, tomatoes, bell peppers (fresh or roasted), cucumbers, avocados, artichoke hearts, onions, mushrooms, radish, shredded carrots or cabbage

Boxed Lunches

When ordering a boxed lunch, choose a salad or sandwich made with lots of vegetables and whole grain bread or wrap.

- Substitute fruit for the cookie and chips, and provide water or seltzer.
- Have dressings or other condiments on the side.

Main Dishes

- Broiled, baked, grilled, poached, sautéed, or roasted lean meats, poultry, seafood or tofu in appropriate portion sizes
- Bell peppers or tomatoes stuffed with brown rice and vegetables
- Whole grain pasta with tomato-based sauce and vegetables
- Main dish salads (for lunch events)

Side Dishes

- Mixed greens and assorted vegetables (tomatoes, cucumbers, shredded carrots, peppers)
- Spinach salad with mandarin oranges and toasted almonds
- Roasted vegetables (carrots, broccoli, Brussel sprouts, squash or beets)
- Fruit salad
- Brown rice, whole grain pasta/couscous, or quinoa with dried fruit and/or vegetables
- Black beans
- Curried lentils
- Vegetable platter: carrot sticks, celery, broccoli, cucumbers, cherry tomatoes and snap peas with hummus

Resources

- [American Heart Association's Healthy Workplace Food and Beverage Toolkit](#)
- [National Alliance for Nutrition and Activity Meeting Toolkit](#)
- [UC Berkeley Healthy Meeting and Event Guide](#)