

UMCHS Guidelines for Healthy Meals in the Workplace

Through our programs, UMCHS, Inc. promotes healthy lifestyles which include healthy food choices and regular physical activity. It is important for us to model this commitment to healthy lifestyles with a healthy work environment.

The following guidelines were developed to help facilitate the selection of nutritious and lower calorie food and beverage options for UMCHS meetings. By following these guidelines, we can promote better health and help reduce risks for chronic diseases. It is not the intention of these guidelines to dictate what individual staff members eat, or bring into the office for special occasions. Instead, these guidelines are intended to assist UMCHS staff in making healthy food and beverage choices for all meetings, trainings, and events where UMCHS funds or resources are utilized. By making healthy food offerings a part of our agency culture, UMCHS hopes that staff will see the value in choosing nutritious foods to eat and share with their coworkers on a daily basis.

General Guidelines

- Serve appropriate portions. Visit <http://www.choosemyplate.gov/> or talk with local WIC staff for more information on portion sizes.
- Provide entrees that are low in fat ($\leq 30\%$ of kcals from fat).
- Serve fruits and/or vegetables at every meal and snack. Half of what is served at a meal should consist of fruits and/or vegetables.
- Offer a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- Keep saturated fats to a 1 gram or less per serving.
- Avoid trans fats (hydrogenated oils).
- Provide whole grain products with whole grain listed as the first ingredient and at least 3 grams of fiber per serving.
- Choose low fat dairy products.
- Provide vegetarian options.
- Offer locally grown or organic products, when available and feasible.
- Serve nonfat or 1% milk, 100% fruit or vegetable juice, water or unsweetened iced tea instead of soft drinks and other sugar-sweetened beverages.
- Provide pitchers or bottles of water at meetings.
- Choose foods without added salt and added sugar.
- Provide Nutrition Facts Labels whenever possible.
- Include space on registration forms to indicate food allergies or dietary restrictions.
- Follow safe food handling practices. For example, wash hands for 20 seconds with soap and warm water; keep hot foods hot and cold foods cold, use gloves for prepping foods for service.
- Balance calories with physical activity; encourage walking or stretching during meeting breaks and lunch.

Suggestions for Healthier Food Choices

Food suggestions for breakfast:

- Fresh fruit or fruit canned in 100% juice
- Low or non-fat yogurt
- Hard cooked eggs
- Whole wheat or multi-grain mini bagels (or cut regular bagels in half)
- Small muffins (2-1/2" or smaller) made with whole grain flour and fruits or vegetables such bran, pumpkin, banana, apple. If possible replace some of the oil with a fruit puree.
- Quick breads made with whole grain flour and fruits or vegetables -cut into small pieces
- Whole grain toast
- Whole grain English muffins
- Whole grain pancakes or waffles
- Steel cut oats with dried and fresh fruits for topping
- Peanut butter, sun butter, almond butter, honey and whipped or low fat cream cheese as spreads
- Trail mix made with dried fruit, nuts and seeds
- Granola bars – made with nuts and whole grains, not covered in chocolate or yogurt coating (this is usually made with hydrogenated oils)
- String cheese or Laughing Cow cheese wedges
- Granola or granola bars with whole grains or nuts as the first ingredient.
- High fiber cereals (at least 3 grams of fiber per serving) with nonfat or 1% milk
- 100% fruit or vegetable juice (4 - 6 ounce portions)
- Water - bottled, plain, sparkling or flavored sparkling with no added sugar

Food suggestions for lunch/dinner:

- Broth based soups made with vegetables, beans and legumes.
- Entrée salads made with dark leafy greens and a protein such as chicken, fish or beans
- Whole grain pasta salad containing vegetables and a protein such as chicken, fish or beans and low-fat dressing
- Sandwiches made with whole grain breads or wraps, lean meats & low-fat condiments(mustard, low fat mayonnaise)
- Build your own taco or burrito with whole grain or corn tortillas, beans, lettuce, tomatoes, avocado, lean meats
- Baked potatoes with low fat toppings (low-fat sour cream, low-fat plain yogurt, salsa, beans)
- Miniature pizzas made with whole wheat English muffins, tomato sauce, mozzarella cheese, olives and mushrooms. If ordering pizza, choose vegetable toppings or Hawaiian pizza.
- Offer lean cuts of meat, poultry, fish; offer 3 ounce servings
- Steamed or sautéed vegetables

- Whole grain rolls
- Fresh fruit, frozen fruit or fruit canned in 100% fruit juice
- Vegetable side dishes prepared with minimal added fat and sugar
- Substitute plain Greek yogurt for sour cream
- When serving desserts, offer small serving sizes. Consider: angel food cake (2" square) with fresh fruit topping, low-fat ice cream, frozen fruit bars, frozen yogurt, brown rice crispy squares, oatmeal raisin cookies or yogurt parfaits made with fruit, yogurt and crushed graham crackers or granola for topping.
- Instead of regular chips, offer fruit, veggies, pretzels, baked chips or whole grain chips (such as Sun chips, Pita chips)
- Water- bottled, plain, sparkling or flavored sparkling with no added sugar

Food suggestions for snacks (am/pm):

- Consider whether it is necessary to provide snacks at meetings, presentations, and seminars, especially mid-morning and mid-afternoon.
- Fresh fruit in season
- Raw vegetables
- Hummus, bean dips, salsa or yogurt dips
- 100% fruit or vegetable juice, avoid soft drinks
- String cheese
- Laughing Cow cheese wedges
- Granola bars – made with nuts and whole grains, not covered in chocolate
- Light popcorn (lightly salted)
- Whole grain crackers with at least 3 grams of fiber per serving
- Dried fruit, nuts and seeds
- Unsweetened applesauce cups
- Water – bottled, plain, sparkling, or flavored sparkling with no added sugar
- Coffee, tea (offer decaf)- served with nonfat or 1% milk