



Put Health On The Agenda.

Indiana University Health takes the health and wellness of our employees seriously – and we know that one way to improve the health of our employees is by offering healthy foods at work – including in our cafes, vending machines, gift shops and through our catering services.

The food you provide for your meetings is a great way to demonstrate your commitment to the health and well-being of your staff and other attendees, and it's easy to do.

Following are simple ideas to increase fruits, vegetables, lean proteins, water, fiber and low-fat or “good” fat options, while decreasing sugary, empty-calories items like soda, cookies and brownies.

Beverages

- Water
- Hot tea
- Diet sodas
- Skim or 1% milk
- Coffee with an assortment of sweetener options (also offer low-fat milk in place of/in addition to cream or half-and-half)
- Don't forget to also offer caffeine-free options.

Breakfast Offerings

- Oatmeal bar (oatmeal and toppings such as fresh and dried fruits and nuts– nuts have ‘good’ fats and protein)
- Yogurt or parfaits (yogurt, fruit, nuts, low-fat granola)
- Fruit salad
- Juices: choose only 100% fruit juices. Orange juice has the most nutritional punch. Avoid grapefruit juice, which is contraindicated for many medications.
- Water, coffee/tea (decaf too), milk (skim or low-fat) – See beverage recommendations on this page.
- For hot breakfasts, offer oatmeal or scrambled eggs with sides like steamed vegetables, salsa and low-fat shredded cheese.

See other side for more.



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Snacks (AM or PM)

- Granola bars
- Whole fruit
- Yogurt or yogurt parfaits (fruit, yogurt, low-fat granola)
- Whole grain or whole wheat bread, small bagels with low-fat cream cheese

Sandwiches

- Condiments on the side, not on the sandwich
- Offer extra lettuce, tomatoes, etc. on the side to add to sandwiches.
- Offer veggie sandwiches for vegetarians.
- Whole wheat bread
- Lean lunch meats like chicken, turkey or ham; skip roast beef
- 1 slice (not 2 or 3) of cheese

Main Entrees

- Choose red sauces or broth-based sauces instead of cream sauces. (They're lower in fat and calories.)
- Sauces on the side
- Choose baked, grilled or broiled options.
- No fried foods (If you are unsure how something is prepared, ask before ordering it.)

Fruits & Vegetables (Sides)

- Side salads (Dressing choices on the side; vinaigrettes or vinegar and oil options are better than cream- or mayo-based dressings.)
- Fruit salads
- Whole fruit
- Vegetable side dishes (light or no butter, or sauce on the side)
- Pretzels, baked chips, Sun Chips instead of fried/regular potato chips

Soups

- Choose broth-based soups rather than cream-based soups (for less fat and lower calories)
- Offer vegetable soups to incorporate more vegetables into the meal.
- Choose lean proteins such as chicken or turkey instead of red meat or beef.

Desserts

- Skip the cookies, brownies and "occasional treats" of that nature.
- Instead, provide tasty foods that will still be a treat but also will provide more nourishment: whole fruit, fruit salads, yogurt parfaits.



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