

MEETING WELL

How to Make Good Choices at Your Next Catered CWRU Meeting

When planning a catered meeting, be sure to use the following as a guide.

1 Breakfast Choices



- Whole or fresh cut fruit
- Plain low fat or Greek Yogurt
- Small bagels with nut butter, light cream cheese or low sugar jelly
- Lower fat fruit bread slices or small muffins
- Whole grain hot and cold cereals
- Hard Boiled eggs
- 100% fruit juice
- Regular and decaf coffee, hot tea

2 Lunch Options

- One fruit and one vegetable choice at minimum
- Salads with dressings on the side
- Whole grain breads for sandwiches
- Lean meats and sliced vegetable toppings
- Mustard and light mayo
- Baked chips, pretzels or raw vegetables for crunch
- Bottled or sparkling water
- Skim or 1% milk, or similar non-dairy options



3 Dinner Selections



- Vegetable or broth based soups
- Lean protein (poultry, salmon, tofu)
- Vegetables (at least two options)
- Whole grains like brown rice or whole wheat pasta
- Sparkling water
- Regular or herb teas (hot or cold)

4 Snacks and Desserts

- Whole or fresh cut fruit
- Raw Vegetables with hummus
- Baked chips or tortilla chips with salsa
- Almonds or walnuts
- Assorted mini desserts
- Sorbet, sherbet or low-fat frozen yogurt



5 THINGS TO REMEMBER



Ask participants about special dietary needs (kosher, allergies, gluten intolerances)



Plan for stretch breaks throughout the meeting!



Make fruits and vegetables available at every meal/snack



Provide water and caffeine and sugar free beverages throughout



Don't supersize, offer mini versions of muffins, bagels, dessert

INFO PROVIDED BY

CWRU Wellness Program at case.edu/wellness/facultystaff

CWRU Nutrition Faculty and

Our Catering partner, Bon Appetit