



## Guidelines for Meals and Snacks

These guidelines provide more in-depth information and ideas on meals and snacks, including suggestions of selections from caterers or grocery stores. When placing catering orders on America to Go, look for the Eat Well UCSF checkmark (✓) to indicate healthy options. For more on this program, please visit <http://tiny.ucsf.edu/eatwellUCSF>

### BREAKFAST

- ✓ **Protein** Include healthy proteins such as eggs and low-fat dairy products. Try plain yogurt and serve with fresh fruit and nuts as toppings. Avoid processed meats such as bacon and sausage.
- ✓ **Fruit** Provide fresh fruit, whole or sliced, rather than juice.
- ✓ **Whole grains** Select whole grain breads and baked goods. For items such as bagels and muffins, choose “mini” versions or cut regular portions in half. Consider serving no pastries, but if you do include them, keep the portions small or cut in half.

Selections from Caterers & Restaurants	Selections from Grocery Stores
<ul style="list-style-type: none"> <li>» Eggs – hard-boiled, scrambled, or egg dishes such as frittata with vegetables</li> <li>» Fruit platter, fruit salad, or whole fruit</li> <li>» Breakfast burritos with eggs, beans, salsa, and veggies</li> <li>» Whole grain baked goods such as bread, muffins, and bagels. Better accompaniments include nut butters, whipped cream cheese, and sliced vegetables</li> <li>» Oatmeal and toppings on the side</li> </ul>	<ul style="list-style-type: none"> <li>» Plain yogurt, with toppings of fresh fruit or frozen berries and nuts</li> <li>» Whole fruit</li> <li>» Pre-made fruit platter or fruit salad</li> <li>» Whole grain bread or English muffins. Better accompaniments include nut butters, whipped cream cheese, and tomato and cucumber slices</li> <li>» Plain, instant oatmeal (have hot water available) with fruit, nuts, and cinnamon on the side</li> </ul>

### LUNCH

- ✓ **Sandwiches and wraps** Choose whole grain sandwich breads, tortillas and flatbreads; healthy proteins such as roasted turkey and grilled chicken; condiments such as mustard, hummus, or avocado on the side; and sliced tomatoes, cucumber, leafy greens or other vegetables.
- ✓ **Entree salads** Start with colorful greens and sliced veggies, and add protein such as tuna, grilled chicken, hard-boiled eggs or beans. Provide additional healthy toppings such as avocados and nuts, and limit toppings of cheese, bacon bits, croutons, and crispy wonton strips. Choose vinaigrette dressings over creamy ones, and serve them on the side.
- ✓ **Desserts** Serve sliced or whole fruit, or a platter of half fruit and half small-portioned baked goods

### ORDER A HEALTHIER PIZZA



- ✓ Lots of veggies
- ✓ Request smaller slices
- ✓ Light on cheese
- ✓ Crust-thin and/or whole wheat
- ✓ Add a side salad
- ✓ Limit processed meats



## Guidelines for Meals and Snacks

### LUNCH (CONTINUED)

Selections from Caterers & Restaurants	Selections from Grocery Stores
<ul style="list-style-type: none"> <li>» Sandwich halves on platters</li> <li>» When ordering boxed lunches, choose entrée salads or sandwiches made with lots of vegetables on whole grain breads or wraps. Ask the caterer to substitute fruit for the cookie and a vegetable side dish for the chips. Serve dressings and other condiments on the side.</li> <li>» Baked or grilled chicken, turkey, fish, or tofu</li> <li>» Broth-based soups instead of creamy soups</li> </ul>	<ul style="list-style-type: none"> <li>» Create your own salad bar: salad greens, cherry tomatoes, shredded carrots, other sliced veggies, chopped nuts, and rinsed beans; or choose a pre-made salad.</li> <li>» Make your own sandwich or wrap: whole grain bread, pita, or tortillas; turkey, chicken, or marinated tofu; assorted vegetables; and condiments such as hummus, mustard, vinaigrette, or avocado</li> </ul>

### SIDES AND SNACKS

Selections from Caterers & Restaurants	Selections from Grocery Stores
<ul style="list-style-type: none"> <li>» Vegetable platter with hummus or guacamole</li> <li>» Roasted, steamed, grilled, or stir-fried vegetables</li> <li>» Green salad with vinaigrette dressing on the side</li> <li>» Brown rice, quinoa, beans, whole grain couscous or pasta or side salads made with these ingredients</li> <li>» Fruit platter, fruit salad, or whole fruit</li> <li>» Unsalted nuts and/or seeds</li> </ul>	<ul style="list-style-type: none"> <li>» Raw vegetables such as baby carrots, snap peas, and cherry tomatoes with hummus or guacamole</li> <li>» Pre-made vegetable platter</li> <li>» Whole fruit</li> <li>» Pre-made fruit platter or fruit salad</li> <li>» Unsalted nuts and/or seeds</li> <li>» Trail mix made primarily with nuts and unsweetened dried fruit</li> <li>» Plain yogurt with fruit and nuts toppings</li> </ul>

### BEVERAGES

UCSF is committed to improving health through its [Healthy Beverage Initiative](http://healthybeverages.ucsf.edu/) (<http://healthybeverages.ucsf.edu/>). We hope you will join us in serving water and naturally unsweetened beverages at your events.

- ✓ **Water** Serve water, in pitchers or other types of water dispensers. Encourage participants to bring their own reusable beverage containers.
- ✓ **Unsweetened hot beverages** Provide regular and decaf coffee, tea, and herbal tea. For “creamers,” offer milk and soy or almond milk instead of instead of half & half or artificial creamers.
- ✓ **Other beverages** Consider iced teas or carbonated water, flavored or unflavored with no added sweeteners; a spa water bar with cucumber and citrus slices or whole strawberries; or spritzers made from seltzer and a splash of 100% fruit juice. Limit fruit and vegetable juices to 4-8 oz portions, if served at all. When possible, serve in bulk and make sure to provide recycling containers with signage.