The Healthy Meal Model

Follow these guidelines for healthy meals when making decisions about food and beverages for meetings:

BEVERAGES
- Still water, sparkling water, water infused with fruit and/or herbs, and unsweetened coffee or tea are good choices.

VEGETABLES/FRUIT
- A healthy plate is half non-starchy vegetables (or combination of veggies and fruit).
- Selecting a variety of colors provides a variety of nutrients and makes a meal more appealing.
- Choose whole fruits and vegetables over juices to get beneficial fiber.

HEALTHY PROTEINS
- Healthy protein options include plant-based options of tofu, beans, lentils, nuts, nut butters, and seeds, as well as skinless poultry, seafood, lean cuts of meat, eggs, and plain yogurt.

WHOLE GRAINS
- Whole grains are more filling and nutritious than refined grains, and can positively impact weight control and energy levels.
- The best choices are unprocessed grains such as brown rice, buckwheat, quinoa, and steel cut oats, as well as whole grain varieties of breads, pasta, tortillas, and other baked goods.

HEALTHY FATS
- Olive and canola oils, nuts and seeds, nut butters, hummus, avocado, tuna, and salmon are sources of heart-healthy, unsaturated fats.
- Limit saturated fats, found in red meat, processed deli meats, butter, cheese, and other high-fat dairy products.
- Avoid trans fats, found in some processed foods, fried foods, and baked goods made with “partially hydrogenated” oils.

DESSERT
- Avoid dessert or serve fresh fruit.