

Power-Packed Catering Guide

Did You Know?

Within 2-3 hours after eating a high-carb meal, energy levels tend to drop, which can make you grab for caffeinated beverages.

Eating every 2-3 hours with high protein, whole foods helps keep you more alert and focused.

Catering a meal at work is a powerful way to impact the eating patterns of your co-workers. After all, who passes up a free meal? Using the suggestions below, pick and choose healthy modifications for foods that everyone loves. Remember, everything in moderation can still keep you on the right track!

Cater to Your Health

If healthy options are not available from your caterer, don't be afraid to ask for modifications. Here are some ways to adjust your order to fit your health needs:

Ask For...

- Fruits and vegetables served with meals and at breaks
- Oatmeal instead of danishes or donuts
- Whole grain breads to replace white bread, if available
- Smaller portions, like mini bagels and mini muffins
- Baked chips, instead of fried to accompany the meal
- Fresh fruit as a dessert option, or mini desserts that have a fruit garnish
- Sauces such as mayonnaise or ranch dressing served on the side
- Salad toppings such as dressing, cheese, croutons and bacon served on the side
- Low-fat ingredients wherever possible (low-fat cheese, sugar-free sweetener)
- Lower calorie cooking methods like baking or broiling

Power-Packed Options

Get the best punch for your lunch with a meal rich in fruits and vegetables, whole grains, lean meats and low-fat dairy. Not only will this provide sustainable nutrients, but the gift of focus that will inspire a productive work day:

Breakfast

- Cold cereals with skim milk
- Seasonal fruit
- Cottage cheese with berries
- Yogurt and granola

Lunch

- Deli sandwiches with whole grain bread and lots of veggies
- Grilled chicken or turkey burger
- Garden salad with dark leafy greens

Snacks

- Fresh fruit salad
- Vegetable tray
- Nuts and trail mix
- Whole grain crackers with low-fat cheese