

Try Healthy Bites When Planning for an Event

Fruits	Vegetables	Grains	Protein	Dairy
<p>Fresh, frozen, canned, dried, and 100% juice. Look for fruit without added sugar or syrup.</p> <p>Sample Fruits:</p> <p>Local, seasonal, washed fruit in a basket.</p> <p>Cut fresh fruit platter or fruit salad.</p> <p>100% fruit or vegetable juice served in 6 – 8 ounce cups.</p> <p>Pitcher of water flavored with lemon wedges or fresh fruit.</p> <p>Toss chopped or dried fruit into chicken, tuna and turkey salads.</p> <p>A small dish of sorbet, frozen yogurt or angel food cake topped with fresh fruit.</p>	<p>Raw or cooked; fresh, frozen, canned, dried, and 100% juice. Look for items without added salt, sugar, butter, or cream sauce.</p> <p>Sample Vegetables:</p> <p>Vegetable tray with low fat dressing, hummus, or salsa.</p> <p>Guacamole & black bean dip.</p> <p>Colorful salads: add peppers, shredded cabbage, broccoli, kidney beans.</p> <p>Vegetable fillings for sandwiches & wraps: tomato, spinach, grated carrots.</p> <p>Grilled veggies at picnics and barbecues: zucchini, asparagus, portobello mushrooms.</p>	<p>Food made from wheat, rice, oats, cornmeal, barley or another cereal grain.</p> <p>Sample Grains:</p> <p>Sandwiches made on whole grain breads, rather than white breads or croissants.</p> <p>Serve whole grain mini muffins.</p> <p>Brown rice, wild rice, quinoa, oatmeal, whole rye, bran flakes, barley.</p> <p>Whole grain risotto, pilaf, and tabbouleh.</p> <p>Low-fat popcorn.</p> <p>Whole wheat breads, cereals, bagels, and crackers.</p>	<p>Lean meat, skinless poultry, seafood, beans and peas, eggs, processed soy products, unsalted nuts and seeds.</p> <p>Sample Protein Foods:</p> <p>Grilled, broiled, or roasted meats, fish, and poultry.</p> <p>Lentil and black bean soups, pinto beans, chile beans, edamame.</p> <p>Lean protein sources such as fish, skinless poultry, and lean beef or pork tenderloin.</p> <p>Hard boiled or poached eggs and ham or Canadian bacon.</p> <p>Sandwiches: lean meats, low fat cheeses, tuna salad with low fat mayo.</p>	<p>Milk, cheese, milk-based desserts, yogurt, soy milk.</p> <p>Sample Dairy Foods:</p> <p>Fat-free or 1% low-fat milk, yogurt, and cheese.</p> <p>Shredded low-fat cheese for salads, lean tacos or fajitas.</p> <p>Plain or Greek yogurt with fresh fruit and unsweetened granola.</p> <p>Lower fat milk and sugar substitutes for coffee and tea.</p> <p>Blend soy milk with frozen fruit and almonds. Garnish with mint.</p> <p>Small bagels with light cream cheese spread.</p>

Limit Empty Calories

Empty Calories are the calories from solid fats and added sugars in foods and beverages. They add to total calories, but provide little or no nutritional value.

Serve healthy fruits and veggies at your next event by using tips and recipes from FruitsAndVeggiesMoreMatters.org.



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