



HealthPartners®



# HealthPartners yumPower catering recommendations

## Power up worksite food with tasty alternatives

The right mix of better-for-you items can boost energy and increase the ability to focus. Keep these HealthPartners yumPower recommendations in mind when you're preparing for an event.

### Breakfast:

Don't skip breakfast in the morning. It's been linked to many health benefits, including the ability to maintain a healthy weight.

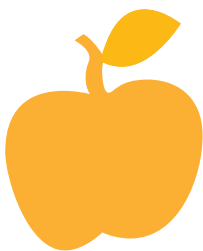
Try this!	Instead of this
Hard boiled eggs or vegetable egg bake (e.g., Frittata)	Breakfast sandwich
Oatmeal or whole grain waffle with fresh berries	Pancakes or French toast with syrup
100 percent fruit or vegetable juice (low-sodium) or water	Fruit juice with added sugar
Coffee with skim or 1 percent milk, or tea	High-fat and sugar cappuccinos or mochas
Yogurt parfait (low-fat yogurt with berries)	Whole milk yogurt
Whole grain mini bagels or English muffin with nut butter	Donuts or other pastries
Skim or 1 percent milk (or low-fat calcium-enriched milk substitutes)	Whole or 2 percent milk
Lean ham, turkey bacon, vegetarian sausage or bacon substitutes (preferably low-sodium)	Bacon or sausage



## Lunch:

Because a midday meal can reenergize the body, it's important to set aside time for lunch each day.

Try this!	Instead of this
Water, fruit water, coffee or tea	Carbonated beverages or sugar-added juices
Sandwiches made with whole grain breads	Sandwiches made with white bread
Lean meats such as turkey, chicken and fish (baked or grilled with little or no added fat)	Beef, salami, pepperoni or bacon
Steamed vegetables with herbs and lemon, and low or no salt added	Vegetables cooked in butter with added salt
Salads with low-fat dressings, flavored vinegars and/or healthy oils (e.g., olive oil), on the side	Salads with regular dressings served on the salad
Soups made from vegetable puree or skim milk	Soups made with cream or half and half
Pasta with vegetables and healthy oil or tomato sauce	Pasta with mayonnaise or cream sauce
Baked potatoes or sweet potatoes with low-fat toppings (e.g., broccoli, low-fat plain yogurt, salsa)	French fries or potatoes with butter or sour cream
Baked potato chips, whole grain potato chips (e.g., Sun Chips®) or vegetable crisps	Regular potato or tortilla chips
Fresh fruit, low-fat frozen yogurt or fresh fruit sorbet (with little or no added sugar)	Ice cream, cake or pie



### TASTY TIP:

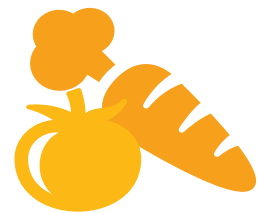
Just because there's a variety of food in the cafeteria or at a meeting doesn't mean you need to try one of each. If you want to try something but feel full, take it and save it for a snack later.

## Snack:

To help satisfy hunger between meals, provide light snacks at meetings or functions scheduled to last more than 90 minutes.

Try this!	Instead of this
Fresh vegetable sticks (e.g., carrots, broccoli, cucumbers) with hummus or salsa	Regular crackers or chips with dip
Low-fat, low-salt popcorn or freeze-dried corn	Regular or buttered popcorn
Fresh fruit with low-fat string cheese or low-fat yogurt	Fruit snacks or sugar-added dried fruit
Apples or celery sticks with nut butter	Cookies
Whole grain, low-fat and low-sugar granola bars or fruit and nut bars (e.g., KIND® bar or Mrs. May's® Trio Bar)	Candy bars
Whole grain, low-sodium pretzels or chips (e.g., Sun Chips or Sensible Portions™ Veggie Straws®)	Potato chips or high-sodium pretzels
Water (plain or sparkling), unsweetened tea, coffee, fresh fruit water	Soda pop

*Breakfast, lunch and snack recommendations are adapted from the University of Minnesota School of Public Health's "Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events."*



For more tasty tips and useful resources, visit [yumpower.com](http://yumpower.com).