

# GUIDELINES FOR HEALTHY MENUS

## **Nutrition Standards Defining Healthy Options include:**

- Any fruit and/or vegetable (that is not fried and no sugar added)
- Whole-grain options (ingredients list includes a whole grain ingredient as the first grain item in the ingredients list (whole wheat, whole oats, etc)).
- Foods will be low in saturated fat and have no trans fat.
- Dairy products (i.e., milk, yogurt) will be nonfat or low fat.
- Water will be offered as the primary drink option.
- 100% juice preferred
- Foods and beverages will contain no or very limited added sugar (including sugar, corn syrup, honey and other sweeteners as key ingredients).
- No fried foods.

## **Ideas for Healthy Snacks:**

- Apples with low fat (or non fat) string cheese
- Carrot sticks and celery sticks (refrigerate in a container with water and they'll stay crisp)
- Celery with peanut butter and raisins
- Nonfat plain or vanilla yogurt sprinkled with low fat granola or crunchy cereal
- Grapes - try freezing them - like little popsicle bites
- Raw unsalted almonds (you'll get used to them raw -- they're so good and for some reason you won't eat as many as you would if they were salted)
- Bananas (yep, the perfect snack)
- 1/2 whole wheat bagel with almond butter and sliced bananas
- Non-fat cottage cheese with blueberries or strawberries
- Chilled orange wedges
- Rice cake topped with peanut butter and a no-added-sugar, all-fruit spread
- Top 1/2 of a whole wheat English muffin with thinly sliced tomatoes. Spray the top of the tomatoes with a little olive oil non-stick cooking spray, sprinkle with low-fat Parmesan cheese, fresh or powdered garlic, and basil, pop in the toaster oven for a few minutes and voila -- you've got a great brochette snack
- Broccoli stalks! Don't throw away the stalks after you've sliced off the heads. Peel the outer layer from the stalks with a small sharp knife and you'll get to the heart of the stalk. You'll realize what you've been missing at first bite!
- Be sure your bread products (English muffins, bagels, sliced bread, etc) are made from whole grains, not just "whole wheat".