



## APHA Healthy Meeting Guidelines: Nutrition

The American Public Health Association is one of many organizations that have signed onto the Healthy Meetings Pledge to formalize its commitment to offering healthy options and promoting physical activity and sustainability at our meetings and events. Below are suggestions for you to consider as you're planning for food and beverages at your event(s).

### In general

Evaluate whether food is necessary during the planned meeting. Often times, meetings during mid-morning or mid-afternoon should not require food.

Whenever food is offered, ensure that meals include a balance of carbohydrates, protein, and healthy fats.

Include fruits or vegetables whenever food is offered.

Always provide a vegetarian option.

When feasible, ask about dietary restrictions of attendees in advance.

Avoid offering pork and red meat options. Many people avoid these foods for health, religious and environmental reasons.

### When placing food and beverage orders

Request labels for food items to indicate item, whether it contains any common allergens (wheat, dairy, nuts, soy) or meets certain dietary restrictions (vegetarian, vegan, gluten-free, low-sodium)

- For served meals, request a menu card(s) on each table.
- For buffet meals and receptions, request a menu card to be provided on the buffet table.                      sodium options.

### For beverages

Request water pitchers and glasses.

Do not offer soda. If offering soda, provide a diet option.

Provide sparkling waters, 100% juice and unsweetened teas as alternatives to sodas and other sugar-sweetened beverages.

Order low-fat or non-fat milk with coffee and tea service in addition to or in place of half and half.

## For breakfast

Always serve fruit.

Consider these healthy breakfast items:

- Oatmeal with cinnamon, nuts, and dried or fresh fruit.
- Plain yogurt with fresh berries, bananas, or other cut fruit.
- Hardboiled or scrambled eggs are a great protein source. Eggs are also a good

Here's a quick reference of healthy alternatives for common menu items

SERVE THIS!	NOT THAT!
Fresh fruit	