

# Santa Clara County Nutrition Standards

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## *Guide to Healthy Meetings and Events*

### **LUNCH & DINNER IDEAS**



**The County Nutrition Standards were adopted to support healthy living by promoting healthier foods and beverages that have less sugar, salt, and fat.**

These items/products are available at COSTCO and Safeway, which are two venues often used by the County for food purchases. This is not an exhaustive list and is meant to provide suggested food and beverages that meet Santa Clara County Nutrition Standards – 2012.

#### **Pre-Made Platters & Deli Trays**

Turkey and cheese roll-up wraps, Signature Café Sandwich tray, Turkey Gobbler with wheat bread tray, Sushi with low sodium soy sauce packets (California rolls, vegetable rolls, salmon or tuna rolls)

- Veggie tray, Fresh Fruit tray

#### **Sandwiches & Wraps**

- Make your own sandwich and/or wrap platters using the following ingredients:
  - Whole grains: whole grain breads, whole wheat pitas, whole wheat or whole grain tortillas, 100% whole wheat Oroweat Sandwich Thins
  - Lean protein selections: turkey, roast beef, chicken, marinated tofu, hummus
  - Veggie toppings: grilled vegetables, bell peppers, lettuce, spinach, tomatoes, cucumbers, onions, sprouts
  - Other: avocado, light Swiss cheese, mozzarella cheese, low-fat vinaigrette dressings, hummus, mustard, light mayonnaise

#### **Salads**

- Made-to-order or ready-made
  - Choose salads made with darker greens (including spinach) over those with primarily iceberg lettuce
  - Look for cheese served separately in a side container and oil based dressings or low-fat creamy dressings also served on the side
  - Choose pasta or potato salads made with vinaigrette dressings or low-fat mayonnaise
- Make your own salad
  - Pre-washed lettuce and vegetables

- Pre-cooked chicken breast strips or salmon, vacuum packed tuna or tuna canned in water, canned chicken breast packed in water, baked tofu, or lean deli meat
- Rinsed black, garbanzo, or kidney beans
- Chopped nuts
- Fresh or dried fruit
- Crumbled feta, blue cheese, or Parmesan cheese
- Vinaigrette dressing or low-fat cream based dressing

### Snacks

- Cut-up fresh fruit
- Cut up raw vegetables- plain or offered with fat-free or low-fat salad dressing
- Fully cooked edamame beans
- Pretzels
- Chips: Baked tortilla chips, Sun Chips, Pop Chips, Pita Chips
- Popcorn - air popped without butter or low-fat varieties (5 grams of fat or less/serving)
- Whole grain crackers (5 grams of fat or less/serving): Wheat Thins, Triscuits
- Nature Valley granola bars
- Nutri Grain cereal bars
- Unsalted nuts and nut mixes

### Dips

- Hummus
- Salsa
- Guacamole
- Light cream cheese
- Fat-free or low-fat dressings, preferably vinaigrettes



### Desserts

- Fresh fruit
- Angle food cake with fruit topping
- Fig Newtons
- If you are going to serve high calorie desserts, serve in small portion sizes (cake in 2x2 inch squares, mini brownie bites, small cookies)

### Beverages

- Water, seltzer water ,coffee, and/or unsweetened tea
- Plain nonfat or 1% low-fat milk
- Unflavored soy, rice, or almond milk (SILK, Kirkland Signature, 8<sup>th</sup> Continent, Rice Dream, Almond Breeze)
- 100% fruit or vegetable juice
- Low-calorie beverages such as tea or diet soda with less than 40 calories per 8 ounce serving

**Adapted from: Eat Well Berkeley, UC Berkeley's Wellness Program, and City of Berkeley Health Department**

<http://uhs.berkeley.edu/facstaff/pdf/healthmatters/EWBshopbreakfast.pdf>  
<http://uhs.berkeley.edu/facstaff/pdf/healthmatters/EWBshoplunch.pdf>

