



HEALTHY CATERING

AT KP

Ordering Tips for Healthy Catering

Kaiser Permanente strives to create a workplace culture of health by providing fresh, healthy food for meetings and events. These healthy catering tips can help you follow the [catered food policy](#).

Steer clear of the top offenders.

AVOID	CHOOSE
Pastries, croissants, muffins, Danishes	Oatmeal, whole grain bagels or toast
Bacon, ham, pepperoni, salami, and other processed meats	Nitrate-free turkey bacon, chicken sausage, or no meat
White bread, pasta, rolls, bagels	Whole wheat/grain breads, pastas; whole grains such as quinoa, farro, or brown rice
Fried foods such as doughnuts, chips, French fries, wonton strips, egg rolls, etc.	Baked, roasted, steamed, or grilled items
Creamy dressings (such as Caesar and Ranch)	Vinaigrettes, or olive oil with vinegar or lemon (1 oz)
Creamy soups, cream sauces	Low sodium broth-based soups, cheese in moderation
Soda or sugar-sweetened beverages such as lemonade, cranberry cocktail, energy drinks, and sweetened teas	Unsweetened iced tea, spa water, sparkling water, and other flavored waters with no artificial sweeteners
Large cookies, cakes, and other desserts	Fresh fruit or fruit-based desserts, small squares of 70% dark chocolate, bite-sized desserts

Balance your plate.

Make half of what you offer on a plate vegetables and/or fruits, one quarter whole grains, and one quarter protein.

Encourage portion control.

Nine-inch plates give everyone a chance to help themselves to a healthy serving. Order appropriate amounts of food per person – for example, one sandwich per person, or half a sandwich and a cup of soup or salad. An excess in quantity encourages overeating.

Less is more.

Limiting menus to just a couple of choices decreases the tendency to overeat by helping attendees stick to a healthy amount of food. It also cuts down on food waste and helps keep costs down.

Include lean protein, little or no red meat.

Make sure a vegetarian/vegan option is included with every meal, with a plant-based protein, such as beans or tofu. For breakfast, try hard-boiled eggs, frittatas, nuts or nut butters, or plain low-fat Greek yogurt.

ORDERING TIPS *continued*

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Check the facts.
 Make sure that any pre-packaged snacks meet Kaiser Permanente's nutrition standards – 200 calories or less per package; no more than 6g of sugar; and no more than 200 mg sodium.
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Put fruit forward.
 Use fruit or fruit-based desserts to satisfy the sweet tooth, such as chocolate drizzled strawberries, yogurt fruit trifle, or poached pears.
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Go local.
 Use fresh fruit and vegetables that are in season and locally grown as much as possible.
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Keep it green.
 Serve water in glasses rather than plastic cups or water bottles. Offer coffee stations with ceramic mugs. Provide real dishware and cutlery. Serve yogurt in ceramic bowls, instead of individual pre-packaged servings.

BREAKFAST IDEAS

- » Hard-boiled eggs
- » Whole-grain cereal (with less than 6g of added sugar)
- » Whole-wheat toast or English muffins with unsweetened nut butters, low-fat cream cheese, jam, or fruit spread
- » Whole-wheat bagels (cut in half) with low-fat cream cheese, sliced tomato, and cucumber
- » Plain, low-fat yogurt or Greek yogurt with fresh berries
- » Oatmeal with raisins, other dried fruit, and nuts
- » Frittata with roasted vegetables
- » Breakfast burrito with scrambled eggs, veggies, and salsa
- » Oven-roasted potatoes made with olive oil
- » Fresh fruit

LUNCH IDEAS

- » Whole-wheat sandwiches or wraps with turkey, chicken, or hummus with tomato, avocado, lettuce, or other veggies
- » Entree salads made with vegetable toppings, and protein such as beans, edamame, boiled egg, salmon, or chicken served with a vinaigrette on the side
- » Grilled, roasted, stir-fried, or steamed vegetables
- » Grilled, roasted, or poached chicken, turkey, fish, or tofu served with vegetables, and a whole grain like brown rice, quinoa, whole-wheat pasta, or polenta.
- » Low-sodium tomato or broth-based soups with vegetables, potato, whole grains, or pasta
- » Fresh fruit for dessert

SNACK IDEAS

- » Veggie platter with hummus, yogurt dip, or nut butter
- » Bowls of whole fruit in season
- » Fresh popped popcorn made with olive or canola oil
- » Unsalted nuts
- » Low-fat, low-sugar granola bars
- » Packaged snacks with 200 calories or less and less than 6g of sugar

Kaiser Permanente is committed to making the healthy choice the easy choice at work. For more tips on eating well, visit kp.org/healthycatering.