



MEETING FOOD GUIDELINES FOR NHCHF GRANTEES

The mission of the NH Children's Health Foundation is to improve the health and wellness of New Hampshire's population, with a focus on its most vulnerable children. We strive to align the outcomes we seek with the investments we are making. We ask our grantees to complement our efforts by creating a culture of health and wellness in meetings and conferences - an important way to help people eat well, foster healthier work environments, and cultivate social norms around healthier choices. The following is not all-inclusive but provides alternatives for healthier food and beverage choices. We hope you find this helpful. (Adapted from King County, WA)

Breakfast	Lunch and Dinner	AM/PM Snack
<p>Fresh fruit Yogurt - low or non-fat Hard cooked eggs Whole wheat or multi-grain mini bagels (or cut regular bagels in half) Small muffins (2-1/2" or smaller) - bran, oatmeal, or multi-grain (large muffins can be cut into smaller portion sizes) Fruit quick breads (i.e., oatmeal, banana, pumpkin) - cut into small pieces Whole grain toast or English muffins Offer low-fat (LF) cheese, LF cream cheese, peanut butter, jam or jelly Granola bars - low fat (5 grams of fat or less/bar) Low-fat granola 100% fruit or vegetable juice (4 - 6 ounce portions) Water -- plain, sparkling or flavored with no added sugar Coffee, tea (offer decaf) - served with nonfat or 1% milk</p>	<p>Salad with low-fat or fat-free dressing on the side Soups - vegetarian broth based or skim milk based (not cream) Pasta salad with low-fat dressing Sandwiches made with whole grain breads or wraps made with lean meats, low-fat cheese & low-fat condiments Lean meats, poultry, fish, tofu (3 grams fat/oz), hummus or other bean spreads 2-3 oz. serving ➔ Steamed vegetables with herbs/lemon Whole grain rolls Fresh fruit ➔ Include at least one raw or cooked vegetable (avoid cream sauces) Baked potatoes with low fat toppings (low-fat sour cream, low-fat plain yogurt, or salsa) When serving desserts, offer small serving sizes. Consider: angel food cake (2" square) with fresh fruit topping, low-fat ice cream or frozen yogurt. Water -- plain, sparkling or flavored with no added sugar Coffee, tea (offer decaf) - served with nonfat or 1% milk</p>	<p>Fresh fruit Raw vegetables - if providing, choose non-fat, low-fat dips or salsa Pretzels, hot pretzels cut in pieces or baked chips (7 grams of fat or less/ounce) 100% fruit or vegetable juice; avoid soft drinks Low fat cheese, string cheese Granola bars - low fat (5 grams of fat or less/bar) "Lite" popcorn (lightly salted) Whole grain crackers Dried fruit or trail mix Roasted nuts Water -- plain, sparkling or flavored with no added sugar Coffee, tea (offer decaf) - served with nonfat or 1% milk</p>
		<p>Boxed lunches/dinners Whole grain or pita bread or wraps prepared with low-fat mayonnaise; Lean meats, poultry or marinated tofu, hummus or other bean spread (low-fat = 3 g fat/oz); Low-fat cheese, Fruit or veggies instead of chips If including chips, request pretzels or baked chips (3 grams fat or less/oz)</p>