

**(Employer Name) Nutrition Policy**

As of (date)

**(Employer Name)** promotes healthy lifestyles including healthy nutrition choices through our programs, community work, and activities in **(city/town)**. **(Employer Name)** has a responsibility to our clients to model our commitment to healthy lifestyles by working to create a healthy work environment.

The strong relationship between diet and health and the increasing rates of overweight and obesity make supporting healthy food choices at work part of our commitment to health. The following recommendations were developed to help facilitate the selection of healthy food and beverage options for **(Employer Name)** meetings and activities.

By following these guidelines, we can promote better health and help reduce the risks for chronic diseases. It is not the intention of these recommendations to dictate what individual staff members eat or bring into the **(Employer Name)** building. These recommendations are intended to assist **(Employer Name)** staff in making healthy food and beverage choices purchased with **(Employer Name)** resources for meetings, events, trainings, and fundraisers.

Foods that ARE recommended

- Fresh fruits & vegetables
- Whole grain products (crackers, muffins, breads, etc.)
- Foods in smaller portions (mini-bagels, mini-muffins, etc.)
- Vegetarian options
- Low-fat cheese, cream cheese, peanut butter, jam, or jelly
- Low-fat granola/granola bars
- Lean meats (turkey, ham, etc.)
- Tortilla chips with low-fat dips or salsa
- Pretzels
- "Lite" popcorn (lightly salted)
- Unsweetened cereals
- Trail mix
- Roasted nuts
- Dried Fruit
- Hard-boiled eggs
- Low-fat yogurt
- Low-fat ice-cream, frozen yogurt
- Fruit/vegetable breads (oatmeal, banana, zucchini, carrot, etc.)
- Nonfat or 1% milk, 100% fruit/vegetable juice, water, unsweetened iced tea, lemonade, etc.

Foods that ARE NOT recommended

- Foods in large portions (large muffins, bagels, cake, etc.)
- Foods high in trans-fats
- Regular Chips/Crackers
- Meat/meatballs served in high-fat sauces/creams.
- Fried foods (chicken, French fries, fried dough, etc.)
- Sweetened, canned fruits and fruit juices
- Sweetened cereals
- Salads with high-fat dressings on them
- White bread/rolls/croissants or crackers
- Regular mayonnaise, butter or peanut butter
- Foods that are high in sugar/salt (donuts, salted nuts)
- Regular ice-cream, regular yogurt
- Soft-drinks and other sugar sweetened beverages