# Guide to Healthy Meetings and Events

## Breakfast

Stores: Costco, Safeway, Trader Joe’s, Whole Foods

### Fresh Fruit

- **Make your own platter**
  - Berries*
  - Apple or pear slices*
  - Clementines
  - Orange slices
  - Cubed melon
  - Pineapple chunks
  - Grapes*
  - Bananas

- **Ready-made platters**
  - Safeway
  - Whole Foods
  - Costco
  - Berkeley Bowl

### Yogurt

- **Best served in bulk container (ideally plain instead of flavored)**
  - with cups and spoons for self-service

- **Greek Yogurt**
  - Has double the protein of regular yogurt and rich, creamy texture

### Granola, Yogurt, and/or Fruit Parfaits

- Provide plain or vanilla yogurt, granola/cereal, and/or fresh fruit for individual parfaits. Low-fat milk or almond milk can be served with cereal.

- **Granola/Cereal**
  - Ideally < 6g sugar/serving & whole grains at the top of the ingredients list. Reminder: 1 serving granola ~ 1/4 - 1/3 cup

### Toppings, Condiments, & Other Items

- Neufchatel* (Organic Valley)
- Natural nut butters (almond, cashew, peanut*)
- Veggies for bagels (tomato, cucumber*, red onion)
- Smoked salmon
- Unsweetened applesauce
- Low-fat cottage cheese*:
  - Nancy’s, Organic Valley, Horizon, TJ’s, 365 (Whole Foods)

### Baked Goods

- Look for whole grains at the top of the ingredient list and low sugar. Choose mini version or cut into small portions.

### Recommended Brands

- **Cereals**
  - Barbara’s
  - Health Valley
  - Nature’s Path
  - Quaker Instant
  - Arrowhead Mills

- **Granolas**
  - Nature’s Path – Hemp or Flax Plus
  - Bear Naked Fit

- **Recommended Brands**
  - Stonyfield
  - Wallaby Organic
  - 365 (Whole Foods)
  - Trader Joe’s
  - Whole Soy (vegan)
  - Nancy’s
  - Horizon
  - Siggi’s
  - Strauss
  - Fage
  - SO Delicious Coconut (vegan)

- **Instant Hot Cereal**
  - Have hot water available. Choose plain oats & provide optional toppings: fruit, nuts, and/or honey

- **Recommended Brands**
  - Nature’s Path
  - Quaker Instant
  - Arrowhead Mills

- **Beverages**
  - Best choice: Tap water in a pitcher
  - Unsweetened almond, soy or coconut milk, plain or vanilla, in individual boxes or bulk
  - Horizon low-fat milk (unflavored), Stonyfield Super Smoothies
  - 100% fruit juices, mixed w/water or sparkling water, in bulk or mini bottles.
  - Low-sodium vegetable juice

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*Organic preferred to reduce pesticides, antibiotics, hormones, etc.

**Eat Well Berkeley** is sponsored by Health*Matters, UC Berkeley’s Faculty & Staff Wellness Program.