



Guide to Healthy Meetings and Events



Breakfast

Venues: Costco, Safeway, Whole Foods

Fresh Fruit

- Ready-made platters available at Safeway and Costco
- Pre-washed, pre-cut options to make your own platter

Fruit, Yogurt and/or Granola (Parfaits if desired, provide cups and serving spoons for guests to assemble)

- Pre-made fresh fruit platter or wash and cut a variety of seasonal fruit
 - Berries: strawberries, raspberries, blueberries, or blackberries
 - Bananas Cubed melons Pineapple chunks Grapes
- Yogurt
 - Whole Foods *Honey Yogurt Sauce* could be used as a dip with a fruit platter
 - Low-fat Vanilla Yogurt - *Horizon Organic* or *Stoney Field's Low-fat Vanilla*
 - Activia Light Yogurt* with assorted fruits
 - For Vegans: Whole Soy Yogurt
- Whole grain granola with as little added sugar and fat as possible
 - Nature's Path Organic Flax Granola Cereal

Hot Cereal w/toppings if desired (Have hot water available for hot cereals)

- Kashi Go Lean Heart to Heart Oatmeal*
- Quaker Instant Oatmeal - Double Fiber or Plain*
- Toppings in separate bowls: chopped walnuts, dried fruit blends, brown sugar, milk

Bagels and/or Muffins

- Muffins **Choose muffins with bran or high fiber, low-fat or low-sugar varieties, or regular mini-muffins*
- Whole Foods *Woodbrine Bakery Low-fat Apple Raisin Muffins*, Fabe's Bakery *Blueberry Oat Bran Muffins*, or *Flax4life Flax Muffins*
- Western Bagel 100% Whole Wheat*
- Thomas's 100% Whole Wheat Mini Bagels*

Cream Cheese and other toppings/condiments

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| <input type="checkbox"/> <i>Kraft Philadelphia Light Vegetable Cream Cheese</i> | <input type="checkbox"/> Adam's 100% Creamy Peanut Butter |
| <input type="checkbox"/> <i>Knudsen Pro-biotic 2% On the Go Cottage Cheese</i> | <input type="checkbox"/> Assorted Nut Butters |
| <input type="checkbox"/> Smoked Salmon | <input type="checkbox"/> No sugar fruit spreads, <i>Apple Cherry Butter Spread</i> |
| | <input type="checkbox"/> Unsweetened apple sauce |

Beverages

- Horizon Organic 2% Milk/Chocolate Milk individual boxes
- Silk Plain or Vanilla Soy Milk
- Whole Foods *Froose Juice Box* or 100% Juicy Juice

Quiche (needs to be microwaved to be cooked)

- Costco *La Terra Finna Eggwhite Quiche*

Please note: refrigerated items such as yogurt and cream cheese, should be kept cold by placing on a bowl of ice.



Eat Well Berkeley is sponsored by Health*Matters, UC Berkeley's Wellness Program, and the City of Berkeley Health Department.

