



# Guide to Healthy Meetings and Events

## Breakfast

Stores: Berkeley Bowl, Costco, Safeway, Trader Joe's, Whole Foods

Updated 2019



### Fresh Fruit

When possible, buy local, organic and in season.

#### 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 reusable or compostable cups and spoons.

Be mindful of sweeteners. The average yogurt has more sugar than an equal amount of ice cream! Best bet- plain yogurt with berries or honey or maple syrup on side

#### Recommended Brands

- 365 (Whole Foods)
- Fage
- Forager (vegan)
- Horizon
- Kite Hill (vegan)
- Nancy's Saggi's
- Straus
- Stonyfield
- Wallaby Organic
- Trader Joe's

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

Provide plain or vanilla yogurt\*, granola/cereal, and/or fresh fruit for individual parfaits. Low-fat milk or non-dairy 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  
Could provide nuts as a topping, too.

#### Recommended Brands

- Barbara's
- Cascadian Farm
- Health Valley
- Nature's Path

Note: Refrigerated items should be kept in a bowl of ice

### Toppings, Condiments, & Other Items

- Cottage cheese\*
- Natural nut butters (almond, cashew, peanut\*)
- Neufchatel\* or non-dairy cream cheese, such as Kite Hill
- Smoked salmon
- Unsweetened applesauce\*
- Veggies for bagels (tomato\*, cucumber\*, red onion)

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

#### Recommended Brands (Plain)

- Arrowhead Mills
- Nature's Path
- Quaker

### 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

- Whole wheat English muffins: Whole Foods, Trader Joe's, Rudi's, Matthew's
- Sprouted bread: Alvarado St., Food for Life, Rudi's
- Flax4Life Muffins
- TJ's Bran Muffins
- Whole wheat bagels, mini or cut in halves or quarters

### Beverages

- Best choice: Water in a pitcher/dispenser
- Coffee, regular and decaf, and tea, including herbal. When possible, serve creamers and sweeteners in bulk rather than individual packets.
  - Unsweetened non-dairy milk
  - Low-fat milk\*
  - 100% fruit juices, mixed w/water or sparkling water
  - Low sodium 100% vegetable juice

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



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