### Savory Snacks
- Unsalted or lightly salted nuts
- Trail mix
- Whole grain crackers or pretzels
- Natural air-popped popcorn
- Kale chips
- Edamame
- Roasted seaweed

### Whole Foods
#### Skewers
- Portobello
- Scallops
- Sesame Tofu
- Shrimp
- Squash
- Thai Chicken

#### Party Dips
- Black Bean Hummus
- Guacamole
- Hummus
- Salsa

#### Platters
- Crusites
- Fruit

#### Tea Sandwiches
- Hummus Avocado
- Greek Hummus
- Tofu Cucumber
- Cucumber Herb

#### Dips
- Baba ghanoush
- Black bean dip
- Bruschetta
- Guacamole

#### Desserts
- Fruit platter – best choice
- Build-Your-Own Parfait

### Berkeley Bowl
#### Dips
- Guacamole
- Hummus
- Salsa

#### Platters
- Best of Season Fruit
- Berkeley Bowl Chicken
- Mediterranean
- Shrimp Cocktail

#### Desserts
- The best choice is fresh fruit. If you must have something else, choose small portions:
  - Tartlet Platter

### Safeway
#### Dips
- Baba ghanoush
- Black bean dip
- Bruschetta
- Guacamole
- Greek yogurt dip
- Hummus
- Muhammara
- Pesto
- Salsa
- Tahini Sauce

#### Platters
- Caprese Skewers
- Crudite

#### Desserts
- The best choice is fresh fruit. If you must have something else, choose small portions. You could also create a platter that is half fruit, half other dessert:
  - Dark chocolate
  - Yogurt, ideally unsweetened with fruit and honey or other sweetener on the side. Or create a build-your-own-parfait bar.
  - Small portions of desserts such as mini cookies or cakes

### Fruit and Vegetables
- Fruit: Grapes, berries, bananas, clementines, apples, pears, cut melon or pineapple
- Vegetables: Cherry tomatoes, snap peas, baby carrots, pre-cut celery or cucumber

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*Eat Well Berkeley is sponsored by Be Well at Work*