



- Salad with fresh greens and fresh fruits and vegetables with light dressing on the side.
- Fresh vegetable trays with light dressing on the side.
- Skewers with vegetables and lean meat
- Steamed, roasted or grilled vegetables such as broccoli, carrots or corn
- Pastas with fresh tomato sauce and vegetables
- Pasta salad with light vinaigrette dressing and lots of vegetables
- Potatoes that are baked with herbs
- Casseroles with vegetables
- Vegetable spring rolls (fresh, not fried rolls)

Always provide a wide variety of **COLORFUL** foods!



#### Snack Ideas:

- Bite-sized, in-season fruits & vegetables ex. strawberries, baby carrots, grapes, cherries, cherry tomatoes, broccoli florets
- Whole, fresh fruits like apples or bananas
- Pre-packaged fruit cups (in juice, not syrup) or dried fruits, when refrigeration is not available.
- Cut-up fresh vegetables such as celery, squash, and bell peppers.
- Fresh salsa with baked tortilla chips
- Healthy dips and spreads such as mustards, hummus, salsa, or fresh guacamole for veggies

#### Dessert Ideas:

- Fresh fruit platters with yogurt dip or dark chocolate dip
- Fruit skewers with fresh fruit including kiwi, grapes, strawberries, cantaloupe, mangos, pineapple, watermelon and honeydew
- Petite or mini desserts with fresh fruits
- No sugar added frozen yogurt with fresh fruit
- Fruit salads with cut up fresh fruits
- Grilled fruits like peaches or pineapples
- Baked fruits such as apples with cinnamon
- Fresh fruit smoothies



# Helpful Tips



- Place fruits and vegetables first in the buffet line.
- Buy produce that is in season for better pricing.
- If serving a plated meal, aim for filling half of the plate with fruits and veggies.
- Make labels for unfamiliar items sound appealing by using descriptive names for them, for example, “Roasted Carrots with Fresh Tarragon.”
- Avoid heavy sauces, cream cheese or butter on veggies.
- Use herbs, spices, flavored vinegar, lemon and lime juice and/or light olive oil on veggies or/in dressings.
- Serve dressings on the side.
- Add extra sliced or shredded veggies to sandwiches or burritos.
- Place emphasis on fresh fruit or veggie dishes by serving smaller portions of other dishes higher in calories.
- Prepare food grilled, baked, poached, braised, roasted or broiled, avoid deep-fat fried.
- Serve reasonable portion sizes.

**TOOLKIT: NUTRITION**

### Portion Sizes

**Fruit**  
2 cups/day

1 small apple = 1 cup  
Size of a baseball

8 oz glass of orange juice = 1 cup  
Size of small water bottle

**Vegetables**  
2 1/2-3 cups/day

1 medium sweet potato  
Size of a computer mouse

1 cup of salad greens  
Size of a fist

Above are the United States Department of Agriculture recommended serving sizes of some common foods. MyPlate (in the center) depicts appropriate portion sizes of fruits, vegetables, grains, and proteins relative to one another in a meal. Note that fruit and vegetables should compose half of every meal.