

Here are some quick and simple swaps that can be helpful when planning your next Healthy Community Gathering.



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DRINKS

Soda, Sport Drinks, Fruit Juice or Fruit Flavored Drinks

- WATER - serve iced or at room-temperature & add fruits, veggies or herbs to give your water some flavor

DESSERTS/SNACKS

- Regular or Large Muffins or Bagels
- Desserts, Pastries, Cookies or Cakes
- Potato Chips

- Offer Small or Mini Muffins or Bagels - think 2 1/2" or smaller
- Bananas, Oranges, Apples or Cut-up Fresh Fruits
- Cut-up Vegetables or Air-Popped Popcorn or Oven Roasted/Baked Root Veggies

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LUNCH

- Salads with added dressing
- Sandwiches on croissants or white bread
- Pasta
- Fried Chicken Tenders
- Salads with a light drizzle of vinegar & oil or offer lower fat dressings on the side
- Sandwiches on whole grain breads
- Spaghetti Squash or Spiralized Zucchini or choose Whole Grain Pastas
- Grilled or Broiled Chicken skewers without skin

CONDIMENTS

- Salt
- Mayo
- Butter or Full Fat Cream Cheese
- Herbs and Spices, add flavor to your food not sodium
- Avocado or Mustard
- Peanut Butter, Almond Butter, Sunflower Butter, Low-Fat Cream Cheese, Avocado or Hummus