

## HEALTHY BOXED LUNCHES & CATERING IDEAS



**When ordering food from a restaurant or catering business, follow these simple tips to select healthier food options.**

- Look for entrées that list baking, broiling, grilling, roasting, or steaming as the preparation method.
- Ask for the nutrition facts and select an entrée with no more than 12-15 grams of fat.
- For the protein portion of the entrée, choose lean meats such as reduced fat ground beef, chicken and turkey without the skin, fish or vegetarian options such as tofu.
- Don't forget about vegetarians and vegans and try to offer a vegetarian entrée.
- Ask for smaller portion sizes.
- Ask for low-fat salad dressings and spreads served in containers on the side.
- Include at least one serving of vegetables, but the more the better. Add vegetables to sandwiches, in entrées, and as a side dish.
- Choose tomato based sauces and broth based soups.
- Ask for whole wheat dinner rolls if included with the entrée.
- For sandwiches and pita wraps-
  - Ask for whole wheat bread
  - Ask that condiments are served on the side
  - Limit cheese on sandwiches to 1 ounce
  - Top with lettuce, sprouts, cucumbers, tomatoes, and/or onions
- Offer fruit for dessert
- For beverages -
  - Water, seltzer water ,coffee, and/or unsweetened tea
  - Plain nonfat or 1% low-fat milk
  - Unflavored soy, rice, or almond milk
  - 100% fruit or vegetable juice
  - Low-calorie beverages such as tea or diet soda with less than 40 calories per 8 ounce serving

**Stay away from and/or limit the following food items:**

- Cream, butter, or cheese based sauces
- Cream based soups
- Food that is prepared by deep fat frying
- Entrées that includes bacon or sausage
- Croissants and skip the butter on the dinner rolls

This is not an exhaustive list and is meant to provide suggested food and beverages that meet the Santa Clara County Healthy Worksite Award Standards.



Additional Resource: University of Minnesota School of Public Health  
<http://www.sph.umn.edu/pdf/news/pubs/NutritionGuide2009.pdf>

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