

Nutrition Tips

Making Healthy Choices Easier

Eating healthy is easier when it is the default option:

- Place fruits and vegetables first in the buffet line and less healthful foods (if served) at the end.
- Make sure that the food is well-lit and presented attractively.
- Use modest-sized (9”) plates and bowls.
- Serve food out of moderate-sized bowls with small serving utensils.
- Cut up fruits and vegetables as opposed to serving them whole to make them easier to eat in a professional setting.
- Make sure fruit is ripe (to enhance taste).
- Serve vegetable soup or salad as a first course, if serving a multi-course meal.
- Consider labeling the entrees and sides with descriptive, appealing names.
- Make sure that water is available at all times.
- Offer attractive water options (water with fresh fruits, vegetables, or herbs).



Cooking Techniques

Tips to Reduce Calories

- Serve reasonable portion sizes.
- Make at least half the plate fruits and vegetables.
- Prepare food grilled, baked, poached, braised, roasted, or broiled; not deep-fat fried.
- Do not use breading.
- Serve dressings and sauces on the side.
- Use cheese sparingly.
- Add vegetables to recipes.

Tips to Reduce Sodium

- Use herbs, spices, and acids to add flavor to dishes, instead of salt or chicken broth.
- Make sauces, dressings, spice mixes, and stocks/broths from scratch or look for reduced sodium or low-sodium versions.
- For salad dressings, soups, sauces, and marinades, use no more than 1 teaspoon kosher salt (¾ teaspoon of salt) or 2 tablespoons of soy sauce (3 tablespoons reduced sodium soy sauce) in every 10-serving batch.
- Add salt at the end of cooking rather than throughout the process.
- Use no salt-added canned food when possible. Drain liquid from and rinse canned foods that have salt added.



Tips to Reduce Trans and Saturated Fats

- Use healthier vegetable oils, like olive, canola, or corn, in place of butter, shortening, and other fats that are solid at room temperature (e.g. coconut).
- Avoid foods with trans fat listed on the nutrition facts panel or partially hydrogenated oils in the ingredients list.
- Limit the use of cheese.
- Use lean meat, poultry, seafood, or protein-rich meat alternatives in place of higher fat meats.
- Remove the skin and trim excess fat from meats and poultry.
- Limit pastries, pies, and other sweet baked goods.