

Healthy Tips for LUNCHES AND DINNERS

- Choose an entrée with no more than 12 to 15 g. fat.
- Always offer a vegetarian entrée.
- Avoid fried foods or cream sauces.
- Include fresh fruit.
- Include at least one vegetable – fresh or cooked, with no butter or cream sauces added.
- Serve salads with dressing on the side offer at least one low-fat or fat-free dressing.

Healthy Suggestions

Beverages:

- Ice water
- Bottled spring or sparkling water
- 100% fruit or vegetable juices
- Skim or 1% milk
- Coffee or flavored coffees
- Regular and herb teas
- Coffee/tea creamers of skim milk, 1% milk or fat-free half & half

Snacks:

- Fresh fruit (cut up and offered with low fat yogurt)
- Raw vegetables (cut up and offered with fat-free or low-fat dressing or salsa dip)
- Low-salt or no-salt pretzels
- Tortilla chips offered with salsa
- Low-fat, no-salt popcorn (5 g. fat or less per serving)

Healthy Food Alternatives

Substitute ...	For ...
Bottled water, tea, 100% vegetable juice	Soda
Small bagels, whole grain muffins	Regular or large bagels and muffins
Low-fat or fat-free salad dressings	Full-fat salad dressings
Sandwiches on whole wheat bread	Sandwiches on croissants or white bread
Lean meats, poultry and fish	Fatty cuts of meat
Steamed vegetables	Vegetables cooked in butter or cream sauces
Sherbets, sorbet, gelatin	Ice cream, cheesecake, pies
Fresh fruits or vegetables	Chips and cookies
Smoked turkey	Ham hocks, Salt pork
Trans-fat-free margarine	Butter, lard
Herbs, spices	Salt



SPIRIT, MIND & BODY: EAT Well, Live Well EVENT PLANNING Guide



SPIRIT, MIND & BODY:



Our bodies and our lives are precious gifts given to us which when cared for properly bring glory to the creator. We have been given a mind designed to think on those things honest, just and pure, however, we should also use our mind to help us make healthy eating decisions.

Our responsibility to glorify the creator with our bodies includes the decisions we make toward what we eat and understanding whether it is harmful or helpful to our body's health. With these values in mind, we have created the Spirit, Mind & Body: Eat Well, Live Well event guidelines to promote a healthy environment for all of our socials and events.

True fellowship includes a shared concern for the spiritual and natural well-being of an organization's members. The Eat Well, Live Well event guidelines are a strategy intended to promote healthy lifestyles and to express our commitment to help address various health problems that are prevalent within our community.

EAT WELL, LIVE WELL EVENT PLANNING GUIDE

A LITTLE GOES A LONG WAY

When it comes to changes in diet, a little can go a long way. Small changes in what you eat can amount to big losses in weight. For example, if you drink 3-4 regular sodas a day, changing from regular soda to diet soda can reduce caloric intake by 300-400 calories! If you only made that one change, you could lose up to 25 pounds in one year!

In light of this truth, the Spirit, Mind & Body: Eat Well, Live Well event guidelines will promote a healthier eating environment by simply providing a few substitutions to unhealthy food commonly served at our events. This brochure provides details about the guidelines and provides suggestions on how we can make healthier choices available.

Spirit, Mind & Body:

EAT WELL, LIVE WELL EVENT GUIDELINES

It is the policy of this organization that all meetings, socials, and functions that we sponsor will always include one or more of these healthier items:



FRUITS AND/OR VEGETABLES

Examples include fresh, frozen, canned or dried fruits (such as grapefruit, oranges, apples, raisins), and fresh, frozen, or canned vegetables.

Low-fat milk and dairy products

Examples include low-fat and fat-free milk, cheese and ice cream.

Foods made from grains

(like wheat, rice and oats) especially whole grains

Examples include low-fat whole wheat crackers, bread and pasta; whole grain ready-to-eat cereal, low-fat baked tortilla chips, pita bread.

HEALTHY BEVERAGE CHOICES

Examples include water, skim/non-fat or 1% milk, 100% fruit juice and tea.



Efforts will be made to prepare foods in a healthy manner, substituting lower fat, calorie and sodium alternatives where appropriate. This brochure contains suggestions and tips one should consider when developing this organization's event menus.