



Eat Smart Meet Smart

How to Plan and Host Healthy Meetings,
Events and Conferences

Healthy Meeting Order Sheet

Breakfast or Morning Snacks

MEETING/EVENT/CONFERENCE:

DATE:

NUMBER OF PARTICIPANTS:

FRUIT

- Whole
- Sliced/skewers
- Salad

WHOLEGRAIN, LOW-FAT MUFFINS
(mini or cut in half)

WHOLEGRAIN BAGELS
(mini or cut in half)

- Peanut butter
- Low-fat cream cheese
- Jam/jelly or fruit spread

LOW-FAT GRANOLA

2% or less yogurt

- Plain and/or vanilla
- Fruit flavours

EGGS
(prepared with little or no extra fat)

- Scrambled
- Frittata (with vegetables)
- Omelette (with vegetables)

WATER

2% OR LESS MILK

- White
- Chocolate

100% FRUIT JUICE
(maximum 250mL servings)

- Orange
- Apple
- Grapefruit
- Assorted

100% VEGETABLE JUICE
(maximum 250mL servings)

- Tomato
- Assorted

COFFEE AND TEA

- Regular and decaf coffee
- Regular and herbal tea
- 2% or less milk
- Sugar and sugar substitute