



Feeding a Crowd: The Healthy Way

Do you have trouble eating healthy when eating with a group? The easiest way to eat well is to make your own food and bring it to your event. Other people will benefit from your healthy cooking, and you will have healthier food to eat. Here are a few options for your next group gathering.

Breakfast Dishes

- Fruit Salad or whole fruit
- Low-fat yogurt
- 100% fruit juice
- Whole-wheat bagels with low-fat spread

Appetizers and Side Dishes

- Vegetables with hummus
- Pretzels
- Mixed green salad with low-fat dressing
- Whole wheat pasta salad made with low-fat dressing
- Brown rice or couscous with vegetables
- Grilled vegetables

Other Ideas for Preparing Healthy Foods

- ✓ Vegetables and fruits are always good choices.
- ✓ Hummus is a healthy dip that goes well with chips, vegetables, bread, or crackers.
- ✓ Choose water with lemon or lime and diet drinks instead of soda.
- ✓ Vegetable salads and fruit salads are great, healthy ways to feed any crowd.
- ✓ Modify your recipes by using low-calorie or low-fat ingredients.
- ✓ Add flavor with herbs and spices rather than oil and butter.

Remember, when attending the event:

- ✓ Monitor how much you are eating.
- ✓ Stick to the recommended serving size.
- ✓ Eat a snack before you attend so you are less hungry during the event.

Main Dishes

- Chicken or fish that is baked, grilled, or broiled
- Low-fat chili
- Turkey sandwiches on whole wheat bread
- Tuna or chicken salad made with less mayonnaise or light mayonnaise
- Casseroles made with reduced-fat cheses and vegetables

Desserts

- Frozen yogurt, sorbet, or low-fat ice cream
- Angel food cake with fruit topping
- Brownies or other baked goods made with applesauce instead of oil
- Fresh fruit with or without low-fat whipped topping

