

# HEALTHY FOOD CHOICES FOR EVENTS

Sharing food and fellowship is an important part of the life of most churches, temples and mosques. While different religious traditions have specific dietary rules, the list below provides general suggestions for offering healthier food options at your congregation's events.

	instead of:	Try Serving:
BREADS, GRAINS & OTHER STARCHES	white bread	<b>Whole-grain Bread</b>
	white rice	<b>Brown Rice</b>
	cereals w/ added sugar	<b>Whole-grain Cereals</b>
	french fries	<b>Baked Potatoes or Baked Steak Fries</b>
	white-flour tortillas	<b>Corn Tortillas</b>
VEGETABLES	canned vegetables	<b>Fresh Vegetables</b>
	pickles	<b>Cucumbers</b>
	sauerkraut	<b>Coleslaw</b>
FRUITS	canned fruit w/ syrup	<b>Frozen Fruit</b>
	fruit flavored snacks	<b>Fresh Fruit</b>
	jam, jelly or preserves	<b>Sugar-free Jam or Preserves</b>
	sweetened applesauce	<b>No Sugar-added Applesauce</b>
	fruit punch or soda	<b>100% Fruit Juice or Low-carb Juice</b>
DAIRY	whole milk	<b>1% or Skim Milk</b>
	ice cream	<b>Low-fat Frozen Yogurt</b>
	regular yogurt	<b>Low-fat Yogurt</b>
	regular cottage cheese	<b>Low-fat Cottage Cheese</b>
	regular cream cheese	<b>Low-fat Cream Cheese</b>

	instead of:	Try Serving:
MEAT AND OTHER PROTEIN	fried meats	<b>Baked, Broiled, Grilled or Stewed Meats</b>
	ribs	<b>Sirloin or other Low Fat Cuts</b>
	pork bacon	<b>Turkey Bacon</b>
	regular cheeses	<b>Low-fat Cheeses</b>
	poultry with skin	<b>Skinless Poultry</b>
	fried fish	<b>Grilled Fish</b>
FATS, OILS & SWEETS	fried tofu	<b>Steamed Tofu</b>
	fried chips	<b>Baked Chips</b>
	regular salad dressing	<b>Light Salad Dressing</b>
BEVERAGES	stovetop popcorn	<b>Air-popped Popcorn</b>
	coffee w/ cream & sugar	<b>Home-brewed Coffee Served Black or with Low Fat Milk and Sugar Substitute</b>
	sweetened tea	<b>Unsweetened Tea with Lemon Slices</b>
	soda	<b>Water</b>
PORTIONS	carbs like rice and bread	<b>Larger Portions of Vegetables like Broccoli or Salad and Smaller Portions of Carbs</b>

Adapted from American Diabetes Association recommendations.