

How can meetings and other work functions help employees gain healthy eating habits?

Situation	Try to Limit	Try Instead
Meetings	<ul style="list-style-type: none"> • Donuts • Large Muffins • Cookies • Juices / Pop 	<ul style="list-style-type: none"> • Small Muffins • Bagels • Bannock, Tea Biscuits, Scones • Fresh Fruit • Tea / Coffee • Milk • Popcorn • Vegetables
Vending Machines	<ul style="list-style-type: none"> • Danish • Chocolate Bars • French Fries • Pop • Chips • Juices 	<ul style="list-style-type: none"> • Water • Pretzels • Sandwiches • Milk • Soup • Fruit • Cereal Boxes (unsweetened) • Yoghurt • Whole Grain Breads • Nuts • Dried Fruit • Popcorn • Beef Jerky

<p>Hectic Schedule / Long Hours</p>	<ul style="list-style-type: none"> • Chips • Cookies • Coffee with Cream • Hot Dogs • Pizza with Double Cheese and Pepperoni 	<ul style="list-style-type: none"> • Fresh Fruit • Bannock, Muffins, scones • Vegetable Sticks • Salads with Lower-Fat Dressing • Lean Sliced Meats • Milk • Yoghurt • Popcorn • Beef Jerky / Dry Meat
<p>On the Road / Lunch Meetings</p>	<ul style="list-style-type: none"> • Chips • Fried Foods • Large Burgers • Salads Loaded with Dressing • Pop / Juice 	<ul style="list-style-type: none"> • Small Plain Burgers • Bagels • Cereal Bars • Crackers and Cheese • Juice / Water • Popcorn • Beefy Jerky / Dry Meat • Dried Fruit • Trail Mix • Turkey Sandwiches • Pizza with Ham and Vegetables

(Source: Dieticians of Canada)