Suggestions and Tips for Catering

Drinks
- Water – Tap, sparkling, mineral, and soda water are good options. Avoid flavored, sweetened water and soft drinks. *Tip:* serve chilled.
- Fruit Juice – Unsweetened fruit juices (containing greater than 99% fruit juice). *Tip:* allow for small servings only.
- Milk – Offer reduced-fat or skim milk instead of full-fat milk.

Breakfast Foods
- Breakfast cereals – Whole-grain varieties such as cereal flakes, bran, untoasted mueslis or oatmeal. Serve with reduced-fat milk, low-fat yogurt, or fresh fruit.
- Bread and toast – Multigrain, whole-grain, rye, or hi-fiber.
- Fruit – Fresh or canned in natural juice, whole fruit, fruit salad, or fruit pieces.
- Yogurt – Plain or flavored, low-fat or non-fat varieties.
- Hot egg dishes – Scrambled, boiled, poached, or omelet.
- Vegetables – Cooked vegetables (baked or grilled) and lentils.

Platters, Nibbles, and Finger Foods
- Dip platters – Low-fat, vegetable-based salsas and relishes. Reduced-fat dips such as tzatziki, hummus, and vegetable-based varieties. Low-fat cream cheese, ricotta, or cottage cheese based dips. *Tip:* avoid aioli, sour cream, and cream-based sauces.
  Serve with:
  - Vegetables, including carrot, celery, cucumber sticks, snow peas, broccoli, or cauliflower pieces
  - Mini toasts, crisp breads, and crackers (use reduced-fat and reduced-salt varieties if available)
  - Roasted or grilled vegetables (drained of oil)
  - Dried fruits (no glazed or crystallized fruit)
- Fruit platter – Fresh seasonal fruits, whole or in pieces. Fruit kebabs with sweet dipping sauces such as low fat vanilla yogurt or berry puree.
- Vegetable platter – Vegetable kebabs with savory dipping sauces such as tomato salsa, mango chutney, chili, or ginger sauce.
- Salad platters – Garden salad, mixed greens, tabouleh, lentil, couscous. Serve with low-oil or no-oil salad dressings. Add lean beef, chicken, or fish to salads to produce a complete meal.
- Cheese platter – Include some low-fat or reduced-fat options such as ricotta, feta, or other cheese on the platter. Include fruit/salad on the platters.
- Sandwiches and rolls – Breads: Offer mostly whole-grain or multigrain breads and rolls. For variety use wraps, pita, focaccia, and small bagels.
  Filling suggestions:
  - Meats: lean skinless chicken, lean ham off the bone, sliced roast beef, or turkey breast. Avoid processed meats such as salami, chicken loaf, and bacon
Fish: tuna or salmon canned in water, or smoked salmon
Cheese: thinly sliced and reduced-fat varieties if available
Salad and vegetables: avocado, bean sprouts, beetroot, lettuce, tomato, carrot, red onion, chives, cucumber, roasted eggplant, roasted peppers, or mushrooms
Condiments: chutney, pickles, mustard, capers, low-fat mayonnaise, or hummus.

**Snacks and Baked Goods**
- Muffins – Offer un-iced plain, fruit, or vegetable muffins. Avoid muffins containing frosting or chocolate bits. Halve large muffins or serve mini muffins.
- Scones – Offer small sized plain, fruit, or vegetable scones. Offer whole-grain scones if available, and serve with low fat yogurt, ricotta cheese, or fruit purée.
- Spreads – Serve spreads with oils that are polyunsaturated or mono-unsaturated, such as canola, sunflower, olive, soybean, or peanut. Use spreads sparingly. Serve spreads separately.
- Sauces and condiments – Tomato, sweet chili, BBQ, soy, chutney, mayonnaise, mustard, relishes, or gravy. Serve separately with food where appropriate. Use salt-reduced, low-fat, and low-sugar varieties.
- Salad dressing – Use low-oil or no-oil, vinegar based salad dressings.

**Hot Dishes**
- Soups – Select vegetable or legume based soups. Choose broth-based soups over creamy soup. If using canned or packet soups, choose the salt-reduced varieties.
- Vegetables – All vegetable types. Steam, microwave, grill, roast, or stir fry with minimal oil. Keep skin on vegetables if edible and possible.
- Pasta – Select tomato or vegetable-based sauces, or white sauces made with low-fat milk or ricotta when available. If serving cheese separately, use low-fat cheese and limit the amount. Tips: limit to entrée-sized servings, avoid cream-based dishes and dishes with lots of cheese and processed meat.
- Rice – Steamed is the healthiest option. Serve with lots of vegetables. Choose reduced-salt, low-fat options and whole-grain varieties if available.
- Noodles – Vermicelli, clear noodles, or thin egg noodles. Combine with lean meats, poultry, fish, or tofu, and a wide variety of vegetables.
- Beef, veal, lamb, pork, chicken, poultry – Select lean cuts (topside, rump, lean chops, breast meat, or skinless drumsticks) with fat trimmed prior to cooking. Use low-fat, reduced-salt varieties of sausages. Choose low-fat cooking methods such as grilling, barbecuing, roasting, steaming, or stir-frying. If marinating, choose reduced-salt and low-fat ingredients.
- Fish – All fish types including shellfish. For canned varieties, choose those packed in spring water instead of oil.
- Meat dishes – Stews, casseroles, curries, meatballs, hamburgers (made from lean ground beef), burritos, or tacos (meat can be replaced by legumes). Choose lean cuts of meat, poultry, or fish and use reduced-salt sauces in dishes. Select dishes that include lots of vegetables, and serve with extra vegetables or salad and steamed rice. Always serve barbecued foods with a variety of salads or vegetables.