9 Hacks to a Healthier Meeting or Conference

Establishing a workplace environment that supports healthier food choices can help your event objectives. Here are nine hacks to handle a smarter meeting or conference.

1. Serve fruit for dessert.
Fruit is a healthy, low-calorie option to consider for your meeting's final course. It's a great choice for people with dietary restrictions or allergies.

2. Serve veggies with low-fat ranch dip.
Serve fresh veggies with low-fat ranch dip. These options are lower in calories and fat than many other dips.

3. Use smaller plates, bowls, and serving utensils.
Larger plates and bowls can encourage larger portions. Use smaller plates and bowls to help control portion sizes.

4. Offer infused water in place of soda and other sugary drinks.
Try offering infused water with various flavors and herbs, and make sure water is available in easy-to-grab containers.

5. Place fruits and vegetables first in the buffet line.
Studies show that people are more likely to choose fruits and vegetables when they're at the front of the line.

6. Organize a walking group during meeting breaks.
Taking walks for physical activity is a great way to break up your workday and improve energy productivity.

7. Cut bagels into quarters.
Appetizers can be a great way to start a meeting, but cut bagels into smaller portions to help manage calories.

8. Control food portions by specifying the number of Calories served.
Specify the number of Calories served to balance your portion size with nutritional needs.

To keep dressings and condiments low in calories and fat, serve them on the side.

Remember... keep an eye on the overall nutrition of your menu! healthymeetings.org