

Fitwel Meetings and Events Catering Standard



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Food and beverage nutrition standards for meetings and events must meet all of the following requirements:

Catering Requirements

A. Nutrition Standards for Meals (an entrée and two sides), per serving:

- ☐ No more than 700 calories.
- ☐ No more than 800 mg sodium (preferably no more than 525 mg).
- ☐ No more than 5 grams saturated fat.
- ☐ No more than 105 mg cholesterol.
- ☐ Less than 0.5 grams trans fat and no products containing partially hydrogenated oils.
- ☐ At least 2 servings (1-1.5 cups) of non-fried vegetables and/or fruits.
- ☐ Portions of meat, poultry and seafood should be no more than 6 oz. (cooked weight) and be prepared using healthier cooking methods such as: baked, broiled, braised, grilled, poached (fish), roasted, stir-fried or sautéed in broth or with a small amount of healthier oil.
- ☐ Serve condiments and sauces on the side, where possible.

B. Nutrition Standards for Packaged Snacks:

- ☐ No more than 200 calories per label serving (except plain nuts and nut/fruit mixes).
- ☐ No more than 240 mg of sodium per label serving.
- ☐ Zero grams of trans fat per label serving and no products containing partially hydrogenated oils.
- ☐ No more than 1 gram of saturated fat (except plain nuts and nut/fruit mixes).
- ☐ No candy (sugar-free mints and gum are allowed).
- ☐ No regular chips (baked chips and pretzels are allowed).

C. Nutrition Standards for Plain Nuts and Nut/Fruit Mixes:

- ☐ Preferred serving size for plain nuts is 1 oz. but no more than 1.5 oz.
- ☐ Plain nuts and nut/fruit mixes should have no more than 140 mg of sodium per label serving.

D. Nutrition Standards for Dairy:

- ☐ Yogurt should have no more than 20 g total sugars per standard 6 oz. serving.
- ☐ Milk, cheese, cottage cheese and sour cream should be offered with at least one fat-free (skim) or low-fat (1%) option, where possible.

E. Nutrition Standards for Desserts

- ☐ Desserts should only be served for special occasions, such as gala events. Desserts are not
- ☐ needed at most lunches, dinners and receptions.
- ☐ If a dessert is required at an event, traditional desserts should have no more than 200 calories per serving and be accompanied by fresh fruit as a substitute/alternative choice.

F. Nutrition Standards for Beverages:

- ☐ Water (plain, sparkling and flavored) – no more than 10 calories per serving
- ☐ Milk and milk alternatives (soy, almond, etc.) – no more than 130 calories per 8 fl. Oz.
- ☐ Juice – 100% fruit or vegetable juice (or juice and water) with no added sugars/sweeteners.
- ☐ Juices should have no more than 120 calories per 8 fl. oz. (preferred serving size); 150 calories per 10 fl. oz.; or 180 calories per 12 fl. oz.
- ☐ Other beverages (e.g. coffee, tea, soft drinks, etc.) – no more than 10 calories per serving

Alternative Catering Guidance when Nutrition Information is Not Available:

- ☐ If your food provider does not make nutrition information available, use the following guidelines for all catered meals:
 - Food selections should emphasize fruit, vegetables, whole grains, and non-fat or lowfat dairy products:
 - Offer at least one fruit and/or vegetable serving every time food is served
 - Offer lean meats (i.e. chicken, fish) and substantive vegetarian options
 - If served, bread products should be whole grains/whole grain products instead of white rice and white flour products
 - Do not offer any of the following:
 - High-sugar breakfast cereals
 - Bakery items, biscuits, corn bread, croissants, danishes, muffins, pastries, etc.
 - High-sodium, high-fat meats such as bacon, sausage or ham
 - Heavy, high-fat sauces such as Bordelaise, Hollandaise, Alfredo, cheese sauce, sour cream sauce
 - Fried foods of any kind
 - Regular chips
 - Dishes with cheese as a key ingredient, such as au gratin potatoes, cheese soufflé or macaroni and cheese
 - Cookies and desserts
 - Food selections should be presented in reasonable serving sizes. For example, large portions should be cut in halves or quarters when possible.