

# Healthy choice catering



# *Introduction*

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Over three million Australians, or nearly one in seven, suffer from chronic disease and the problem is becoming one of the greatest health challenges across the country, including in Queensland.

Leading risk factors among Australians for the total burden of disease and injury include dietary risks (e.g. low fruit and vegetable intake) and high body mass.

This guide encourages workplaces to select a healthy variety of foods and beverages when catering for all meetings and events.

It's simple! By selecting healthy catering choices from this healthy choice catering menu, you are contributing to the overall healthy eating behaviours and nutrition of you and your colleagues.

**Note:** When selecting healthy catering choices consideration should also be given to special dietary requirements of workers such as gluten free, vegetarian, dairy free, nut free.





# Morning and afternoon teas

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## Breads, loaves, buns and scones:

- raisin or fruit bread
- plain or fruit-based pikelets
- plain, fruit or pumpkin scones
- banana or date loaf.

## Sweet biscuits:

- un-iced, un-coated, plain or wholemeal sweet biscuits (2-3 small biscuits per person)
- include reduced-fat and/or reduced-sugar varieties that contain high fibre ingredients (i.e. fruit, vegetables or nuts).

## Muffins:

- un-iced fruit- or vegetable-based muffins (two mini muffins per person)
- include reduced-fat and wholemeal varieties.

## Cakes, slices and scrolls:

- un-iced, un-filled, un-coated cakes, slices, scrolls that contain fruit, vegetables or nuts and are of a small to medium size serve (i.e. a small finger or slice of cake per person)
- include fat-reduced and wholemeal varieties.

## Muesli or fruit-filled bars:

- plain cereal, muesli or fruit-filled bars (30-40 grams).

## Savoury breads and biscuits:

- crepes, pikelets, wholemeal salt-reduced crispbreads and crackers, lavash or water crackers as a base
- top with a variety of garnishes including reduced-fat cheeses, fruit and vegetables.

## Finger foods/antipasto:

- roasted or grilled vegetables and olives drained of oil
- cherry tomatoes, onions and avocado
- lean roast beef or shaved ham or skinless baked chicken
- fresh cut fruit and/or vegetable sticks
- wholemeal breads, water crackers or crispbreads
- small packets of dried fruit and/or plain and/or dry roasted unsalted nuts.



## Fresh platters

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### Fruit and vegetables:

- fresh cut vegetable sticks
- roasted or grilled vegetables (served drained of oil)
- whole, sliced or cut pieces of fresh fruit
- fresh fruit kebabs
- dried fruit.

### Cheese:

- small serves of low- or reduced-fat cottage, ricotta, fetta or hard cheeses
- wholemeal salt-reduced crispbreads and crackers, plain almond bread, lavash or water crackers
- plain and/or dry-roasted unsalted nuts
- whole, sliced or cut pieces of fresh fruit
- dried fruit.

### Toppings/dips:

- low-fat vegetable-based salsas or relishes – tomato, bean, capsicum or corn
- reduced-fat yoghurt-based dips – beetroot, eggplant, capsicum, avocado, tzatziki or hommus
- low-fat, low-salt ricotta, cottage or reduced-fat cream cheese with sliced strawberries or peaches, tomato, basil, cheese, cherry tomato, onion and avocado
- low-fat or reduced-fat dipping sauces – fruit purees, vanilla yoghurt and whipped ricotta.





# Lunch

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## Sandwiches:

- finger or pinwheel, open-faced, pita pockets or wraps
- breads and rolls, including multigrain, wholemeal, rye, high-fibre white, lavash and other flat breads, bagels, plain foccacias or baguettes.

## Sandwich spreads:

- reduced-salt, low- or reduced-fat varieties including poly- or mono-unsaturated margarine, avocado, cottage cheese, ricotta, reduced-fat cream cheese, mustards, relishes and chutney.

## Sandwich fillings:

- lean roast beef
- roast skinless chicken
- lean turkey or chicken breast
- tinned fish (canned in spring water, brine or oil such as canola, sunflower or olive oil drained before use)
- eggs
- ricotta or cottage cheese
- reduced-fat hard or soft cheeses
- use plenty of raw salad or vegetables
- roasted or grilled vegetables drained of oil.



### **Sushi and rice paper rolls:**

- lean, uncoated and uncrumbed meats, egg or seafood with a variety of vegetable fillings
- low-fat, reduced-salt sweet chilli, soy or fish sauce with fresh herbs, garlic, onion or shallots dipping sauces.

### **Salads:**

- garden, bean, pasta, rice or noodle, potato, tabouleh, couscous, coleslaw, roasted vegetables or egg salad.

#### **with meat:**

- lean, uncrumbed, grilled, roasted or cooked in minimal amounts of poly- or mono-unsaturated oil
- grilled, roasted and lean skinless chicken
- lean ham
- tinned fish (canned in spring water, brine or oil such as canola, sunflower or olive drained before use).

### **with cheese:**

- reduced-fat cheeses
- ricotta
- cottage.

### **with nuts:**

- plain and/or dry roasted, unsalted and unfried.

### **Dressings/oils:**

- low-oil or no-oil dressings such as lemon or lime juice, natural yoghurt, balsamic or wine vinegar with herbs or pepper
- reduced-fat, low-oil, no-oil or low-joule commercial dressings
- if preparing dressings use poly- or mono-unsaturated oils (i.e. canola, sunflower, sesame, olive and peanut oils)
- serve dressings separately.





## *Drinks*

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- chilled plain water
- plain and decaffeinated coffee
- plain and herbal teas
- reduced-fat or skim milk and regular full cream milk for tea and coffee
- small amounts of sugar and artificial sweetener
- 99-100 per cent juice as the only sweetened drink (maximum 300 ml per person)
- slices of citrus fruits, particularly lemon and limes, can be added to plain drinking water for a citrus tang.



# Acknowledgements

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- A Better Choice: Catering Guidelines for Meetings and Functions. Queensland Health, Brisbane. Available at: <https://www.health.qld.gov.au/publications/public-health/topics/nutrition/catering-guidelines-functions.pdf>
- chief Health Officer's report 2014 - [www.health.qld.gov.au](http://www.health.qld.gov.au)
- Australia's health 2014 - [www.aihw.gov.au](http://www.aihw.gov.au).

For further information and tools to support healthy eating in your workplace please visit [worksafe.qld.gov.au](http://worksafe.qld.gov.au).

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