

Breaks, Beverages, and Meals

Food for Breaks

While it is usual to serve food at mid-morning and mid-afternoon breaks, it is rarely necessary in terms of hunger or nutrition. We live and work in food-saturated environments and often eat just because it is there. Consider the flow of a training day and decide the best times to offer food during breaks. If you feel that food is necessary, offer a healthier option, like fruits and vegetables.

A healthful alternative is to take a hydration and activity break. Offer water or hot drinks with time to visit the restroom. Then lead a light, energizing physical activity that is appropriate to the room.

Breakfast Meals

Morning is a great time to offer a dense, protein-rich meal. Those who eat breakfast often have improved moods and are more alert throughout the day. Here are some nutritious meals to offer:

- **Yogurt parfait bar:** Serve low-fat flavored or unflavored yogurt, whole-grain granola, fruit (fresh, dried, or canned in juice), and nuts.
- **Whole-grain bagels/toast with spreads:** Cut bagels into quarters or halves and provide toppings such as margarine, low-fat cream cheese, and peanut butter.
- **Whole-grain muffins with yogurt and fruit:** Serve mini-muffins or cut regular muffins into quarters or halves. Offer 4-6 oz. cups of low-fat yogurt and fruit plates.
- **Whole-grain cereal and fruit:** Serve hot or cold cereal with low-fat or skim milk and fruit.

Beverages Throughout the Day

Keeping beverages available throughout the day can encourage participants to stay hydrated and attentive during training activities. In terms of hydration, these calorie-free or nutrient-rich beverages are the best choices:

- **Ice water:** preferably in pitchers. If water or other drinks are served in bottles or cans, provide recycling containers in the room.
- **Tea:** hot or iced in regular, green, and herbal varieties. If iced tea is served, make sure to offer unsweetened.
- **Coffee:** regular and decaf
- **Fat-free or low-fat milk**
- **Whole fruit juice:** no added sugar

Breaks, Beverages, and Meals, continued



Lunch or Dinner

Fortunately, there are many ways to feature the great flavors of nutrition at midday or evening meals. Think visually appealing, variety, and creative menu planning:

- **Soup and salad:** Make vegetables and fruit the focus of this favorite combo. Serve with a whole-grain component and fat-free milk.
- **Baked potato bar with seasonal fruit:** Offer white and sweet potatoes with toppings such as bean chili, broccoli, and a tray with fruit options for dessert.
- **Pasta bar:** Choose whole-grain pastas with vegetable and meat toppings, along with low-fat shredded cheeses, whole-wheat garlic bread, and fruit cups for dessert.
- **Baked fish or chicken with vegetables and brown rice:** Just keep it lean and easy!

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