

DTE Catering Recommendations



breakfast | lunch & dinner | appetizers | dessert | beverages

This document is provided as a guide to ordering healthier catering from local restaurants. If you have questions about what restaurants in your area provide healthier choices, please contact your [EYL coordinator](#) and they will work with you to identify a selection of restaurants.

For more information on the DTE Healthy Catering expectations and policy please review the Healthy Catering Guidelines found in the Healthy Catering file on the [EYL Resources and Contact SharePoint tile](#).

breakfast

Find whole grains – such as whole wheat or multigrain English muffins, whole wheat bagels and whole wheat or multigrain toast

- Order peanut butter, jelly and/or margarine instead of cream cheese, or butter

Pick a lean protein – low fat yogurt, chicken or turkey sausage, eggs, nuts

- Choose plain greek yogurt to avoid unwanted added sugars and have more protein

Do not forget fruits and vegetables

- Add vegetables to omelets
- Order fruit salad
- Order fruit with yogurt instead of granola

Avoid muffins, pastries, pancakes, bagels, sugary cereals, donuts, and waffles



lunch & dinner

Order a salad

- Salads should have a variety of colored vegetables
- Encourage moderate portions of dressings, avocados seeds, nuts, cheese, and protein
- Order dressing on the side and in portion cups if possible
- Choose broiled, baked, grilled, steamed, poached, or lightly sautéed items
- Avoid fried and breaded foods

Pick complex carbohydrates. Examples include: brown or wild rice, whole grain or multigrain bread/tortillas/buns/rolls, whole grain couscous, quinoa, farro

Order at least 2 different kinds of vegetables:

- Look for terms like: steamed, grilled, roasted, baked
- Avoid breaded and fried vegetables. french fries and onion rings should not be included
- Starchy vegetables such as potatoes, corn and green peas are good options but also include non-starchy vegetables such as broccoli, cauliflower, asparagus, colored peppers, carrots and greens

appetizers

Minimize appetizer orders if possible

Choose high protein, high fiber foods

- Chopped veggies with hummus
- Caprese sticks skewers
- Shrimp cocktail

Limit chips and dips appetizers

dessert

Consider fresh whole fruit, fruit cups or skewers

If you are having a special occasion and would like to provide a treat for your team in addition fresh fruit please reach out to your EYL coordinator for suggestions



Hint:

Try this fun idea for a Fruit “Cake”!

beverages

Choose water, black coffee, seltzer water and unsweetened tea

Coffee

Order skim or 2% milk as an option for coffee

- If someone on your team avoids dairy, ask if non-dairy milk is available
- Ask if higher quality sugar is available such as turbinado

Soda should not be provided with catering

- If a person would like soda with their meal, they are welcome to purchase from the onsite vending machines or bring from home

If ordering juice, choose only 100%

summary

- Order individual meals instead of buffet style when possible
 - it's very easy to overeat from a buffet
 - Order sauces, dressings, aioli on the side
 - Aim for at least 2 servings of fruits and vegetables at each meal

- Pick items that are baked, broiled, poached, sautéed
4 oz protein per person
- Choose drinks that do not have calories or sugar
- Whole grains, whole grains, whole grains

My Plate: a guide

Fruits

Eat fruits of all colors. Go for fruit instead of juice, which has more fiber and fewer calories.

Vegetable

The more colors and types that you eat, the better! Aim to get mostly non-starchy veggies.

Dairy

3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains

Eat mostly whole grains. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more fiber, iron and vitamin B vitamins.

Protein

A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish and chicken are good, lean choices.



Make half of
your plate fruits
and veggies