



Dear Catered Food Supplier,

The Division of Prevention and Rehabilitation at the University of Ottawa Heart Institute is committed to creating a healthy nutrition environment for our employees and patients. As part of this commitment, we are requesting that all food and beverages made available at our catered meetings and events comply with the newly adopted Food and Beverage Policy for our Division.

The following guiding principles will help ensure that your menu is in compliance with this policy.

GENERAL GUIDELINES

Food

- Avoid white breads or wraps. Aim for whole grain varieties (e.g. whole wheat, pumpernickel, rye).
- Cheeses must be lower-fat ($\leq 20\%$ MF) and lower sodium (no processed cheese products). Aim for part-skim mozzarella, light cheddar, light feta, etc.
- Salt packets or shakers must not be made available.
- Salad dressings to be low-sodium. Use oil, vinegar and herbs to make dressings from scratch and provide on the side whenever possible.
- No butter on sandwiches or wraps.
- Use condiments (e.g. mustard), mayonnaise (light only), spreads (e.g. jam), sauces, and dips sparingly. Offer on the side whenever possible.

Beverages

- No soft drinks (diet or regular).
- No fruit drinks, '-ades', or flavoured water (100% juice is fine).
- No creamers for coffee or tea (2% milk is fine).
- Water in pitchers is preferred over bottled whenever possible.

BREAKFAST IDEAS

Breads

- Whole grain bread or English muffins
- Small muffins (e.g. bran, carrot)

Hot & Cold Cereals

- Oatmeal (with nuts and dried fruit)
- Whole grain breakfast cereal with milk ($\leq 2\%$ MF)

Dairy

- Low-fat cottage cheese ($\leq 2\%$ MF)
- Low-fat yogurt ($\leq 3.25\%$ MF)

Fruit

- Sliced fruit or fruit salad



LUNCH IDEAS

Wraps and Sandwiches

- Turkey with roasted vegetables and feta cheese
- Assorted sandwiches on whole wheat breads, e.g. chicken or turkey (no deli meats), egg or tuna salad with light mayonnaise
- Provide a vegetarian option

Sides

- Vegetable crudites with hummus, bean dip, tzatziki, or light herb dip
- Broth-based or tomato-based soups (low-sodium)

Salads

- Mixed green salad with low-sodium dressing options (on the side)
- Mixed bean salad with light dressing
- Black bean and roasted corn with light dressing
- Whole grain salads (e.g. whole wheat pasta, whole wheat couscous, brown rice, quinoa, lentil) with light dressing

SNACK & REFRESHMENT IDEAS

- Whole wheat pita wedges with hummus, bean dip, or tzatziki
- Whole grain crackers and low-fat cheese
- Whole fresh fruit
- Individual low-fat yogurts ($\leq 3.25\%$ MF)

DESSERT IDEAS

- Fruit plate
- Banana loaf
- Yogurt parfaits

For more information about the Division of Prevention and Rehabilitation Food and Beverage Policy, please visit www.ccpnetwork.ca/DivisionandPreventionandRehabilitationFoodandBeveragePolicy.htm . Should you wish to consider having your menu assessed by a Registered Dietitian, visit the Dietitians of Canada website at www.dietitians.ca/public/content/find_a_nutrition_professional/find_a_dietitian.asp to find a dietitian near you, or contact EatRight Ontario at 1-877-510-5102.

Thank you in advance for your cooperation. We look forward to working with you.

Sincerely,

The Division of Prevention and Rehabilitation at the University of Ottawa Heart Institute