

Guide for Ordering Breakfast

This guide is designed to help you make choices that are healthy and delicious when ordering food for a meeting or other work event.

Decide whom you want to call to order the food. It may be a restaurant, caterer or grocery store deli.

After you decide whom to call, start by telling them you are ordering a breakfast meal. Ask if they can provide "healthy" choices.

Tell them you can email our guidelines

or

Tell them you want to order from this list:



1. Fresh fruit
2. Small portion sizes of whole grain bagels; bran, oatmeal or multi-grain muffins; or whole wheat toast (or any combination you choose)
3. The toppings all need to be low-fat
They could be low-fat cream cheese, low-sugar jams or jellies
4. Yogurt, non-fat or low-fat
5. Beverage - could be any combination of these:
Water, coffee, unsweetened tea, 100% fruit or vegetable juice (in 4 to 6 oz. portions)
Milk should be skim or 1% or 2% reduced fat
6. Option of eggs - if you want to order eggs - tell them you could have scrambled, if they are made from egg whites or egg substitute

*** Portion size is important. Make sure bagels or muffins are cut in half if they are a regular size or request a smaller size.

*** Keep a list of places that will provide healthy meals for future reference.

*** Tennessee state employees should review the Department of Finance and Administration policy regarding cost of food. Please refer to Section 37 of the [Comprehensive Travel Regulations](#) for a schedule of allowable food costs.

Order This:	Not These:
<p>Fruits Fresh whole fruits (small bananas, apples, oranges) or fresh, cut-up fruit and/or dried fruits</p>	<p>Canned sweetened fruit Juice drinks</p>
<p>Dairy Non-fat or low-fat yogurt</p>	<p>Regular yogurt</p>
<p>Grains (choose 2) Small whole grain bagels (if they only have regular, ask that they cut them in half) Small or mini muffins (bran, oatmeal or multi-grain) Low-fat granola bars Unsweetened whole grain cereals Whole wheat toast Toppings - low-fat cream cheese, low-sugar jams or jellies</p>	<p>Regular bagels Large or regular muffins Croissants, doughnuts, sweet rolls, pastries Sweetened cereals White toast Cream cheese, butter, margarine, peanut butter</p>
<p>Eggs Scrambled eggs made with egg whites or egg substitute</p>	<p>Scrambled eggs made with whole eggs</p>
<p>Beverages Water, coffee, unsweetened tea, 100% fruit or vegetable juice (in 4 to 6 oz. portions) Milk should be skim or 1% or 2% reduced fat</p>	<p>Lattes, sweetened coffee drinks, fruit drinks Whole milk</p>

Breakfast Choices

Grocery Store Options - If you'd rather create a breakfast, here are some options you could purchase at the grocery store:



1. Assorted fresh fruit
Fruit tray with low-fat/low-sugar dip
2. Yogurt, low-fat and/or non-fat
You may want items to add to the yogurt to make a parfait: fresh fruit, raisins/dry fruit and/or granola
3. Whole wheat or multi-grain mini bagels (regular size cut in half)
Small muffins: bran, oatmeal or multi-grain
4. Low-fat cream cheese, low-sugar jams or jellies for toppings
5. Water, coffee, unsweetened tea, 100% fruit or vegetable juice (in 4 to 6 oz. portions)
Milk should be skim or 1% or 2% reduced fat
6. You can have sugar or sugar substitute for your coffee and tea

Suggested Menu for Catered Breakfast

Option 1:

Breakfast Frittata (onions, mushrooms, green pepper) with egg substitute
Oven roasted potatoes
Whole wheat toast and assorted selection of low-sugar jams and jellies
Selection of fresh mixed berries
Water, coffee, assortment of unsweetened teas and freshly squeezed fruit juices

Option 2:

Steel cut Irish oatmeal with topping selections of raisins, dried cherries, cranberries, mangos and peaches
Assortment of mini whole grain bagels and mini or small muffins (examples: pumpkin, carrot, strawberry, blueberry and bran)
Selection of low-sugar jams and jellies, low-fat cream cheese
Flavored fat-free Greek yogurt
Water, coffee, assortment of unsweetened teas and freshly squeezed fruit juices

Option 3:

Breakfast parfait (layered fat-free vanilla yogurt, sliced fresh fruit and low-fat granola)
English muffin
Selection of low-sugar jams and jellies
Water, coffee, assortment of unsweetened teas and freshly squeezed fruit juices

Option 4:

Scrambled eggs (egg substitute)
Breakfast grits
Whole grain toasted breads
Selection of low-sugar jams and jellies
Seasonal sliced melons
Water, coffee, assortment of unsweetened teas and freshly squeezed fruit juices

Option 5:

Assorted cold cereals, raisin bran, shredded wheat, low-fat granola
Chilled milk, skim, 1% or 2%
Assortment of mini whole grain bagels and mini or small muffins (examples: pumpkin, carrot, strawberry, blueberry and bran)
Selection of low-sugar jams and jellies, low-fat cream cheese
Seasonal fresh fruit
Water, coffee, assortment of unsweetened teas and freshly squeezed fruit juices