



HEALTHY CATERING GUIDE

making the healthy choice the easy choice

Every meal we eat is an opportunity to nourish our bodies, fight chronic disease, and support healthy eating patterns in those around us. Use this guide for your next catered event and support healthy eating on the Vanderbilt campuses.



TIPS FOR CATERING



Our environment has significant impact on the foods that we eat. When planning foods for a meeting or workplace celebration, it is important to provide nutritious options to make the healthy choice the easy choice. Use the tips below to help you make selections at your next workplace event.

Make water the default beverage.

Consider fruit-infused water or seltzer water for flavor.

Offer at least one fruit and/or vegetable option.

Apple, orange slices, banana, vegetable tray, salad

Choose lower-sodium foods.

Look at nutrition information if available. You might be shocked!

Purchase fat-free or low-fat dairy products.

Low-fat yogurt, part skim cheese, frozen yogurt

Purchase foods made from whole grains.

Mini-bagels, bread, tortillas, pasta

Choose lean protein options.

Chicken, turkey, fish, tofu, beans

Choose foods prepared in a healthy way.

Grilled, baked, poached, roasted, broiled

Consider healthier dessert options.

Angel food cake, sherbet, mini desserts, fruit

Serve more “right-size” portions.

Half sandwiches, junior burritos, small soups

Provide nutrition information if available.

Ask the caterer for nutrition information. Display alongside food options. Try to list calories, fat, carbohydrates, protein, sodium, and sugar.



HEALTHY EATING



While all foods can be incorporated into a healthy diet, the Dietary Guidelines recommend balancing calorie intake with physical activity and consuming a variety of foods with specific emphasis on:

Increasing:

Fruits and Vegetables
Whole Grains
Beans and Legumes
Nuts and Seeds
Fish
Lean Meats
Fat-free or Low-fat Dairy
Unsaturated Fats and Oils

Decreasing:

Sodium
Saturated and Trans Fats
Sweets and Added Sugars
Sugar-sweetened Beverages

When selecting food options to feature in this guide, a nutrition criteria was developed to place specific focus on limiting calories, total fat, saturated fat, and sodium.* The food options listed in this guide present the best options relative to others on the menu.

Calories, fat, and sodium are often much higher in restaurant foods than one might guess. The best way to make an informed, healthy choice is to look up the nutrition information of individual items provided by most restaurants. You might be shocked at the nutrition profile of your favorite foods!

*Added sugar was not significant for most items currently featured.

Do you have questions or feedback about the catering guide?

- Call 615-343-8943 or email health.plus@vanderbilt.edu.
- Let us know how the catering guide helped you.
- Email pictures of your healthy catered event.
- Suggest a new restaurant to add to the guide.

AU BON PAIN



1211 MEDICAL CENTER DRIVE, NASHVILLE
(615) 320-0164 | aubonpain.com/catering | [Nutrition Information](#)

On average,
a large soup has 1300 mg of
sodium, over half the
daily recommendation!
Be kind to your heart and
choose a small size.

Selecting a fruit cup in place of a cookie
can save an additional 300 calories, 18g fat
and 22g of sugar! Consider requesting that
baked goods be left off the order to help
reduce temptations.

Looking for a healthier
crunch? Opt for
pretzels or baked
potato chips over
regular potato chips.

SMALL SOUPS

220 Calories or Fewer

Roasted Eggplant Tomato Basil Bisque
12 Veggie Turkey Chili

SIDE SALADS

Garden Salad Sliced Fruit
Cucumber & Tomato Roasted Asparagus

HALF COLD SANDWICHES

300 Calories or Fewer

Chicken Salad Caprese with Chicken
Tuna Salad Garden & Avocado (*wrap*)
Caprese

DRESSINGS

Fat Free White Balsamic Vinaigrette
Lite Lemon Shallot Vinaigrette
Balsamic Vinaigrette

SIDES

Fruit Cup
Mini Pretzels
Baked Lay's®

HEALTH *PLUS* HEALTHY PICKS

Half Tuna Salad Sandwich + Fruit Cup + Mini Pretzels

410 calories, 4.5g total fat, 0.5g saturated fat,
73g carbohydrates, 545 mg sodium

Half Chicken Salad Sandwich + Garden Side Salad with Fat Free White Balsamic Vinaigrette (1 ounce)

300 calories, 6g total fat, 1g saturated fat, 48g carbohydrates,
685 mg sodium



CALYPSO CAFÉ



3307 CHARLOTTE AVENUE, NASHVILLE
(615) 321-3878 | calypsocafe.com/catering/

Swap the chips for a healthier side such as the bean & corn salad, sweet potatoes, or coleslaw.

Reduce calories and fat by choosing the lite or vinaigrette sauce options below.

Choose from the many black bean options on the menu. Black beans have soluble fiber which helps lower cholesterol!

CHICKEN & SANDWICHES*

300 Calories or Fewer

Quarter White, Skinless Chicken
Chicken Breast with Lettuce Sandwich
Pulled BBQ White Chicken Sandwich
Veggie Sandwich
Veggie Burger

SALADS

400 Calories or Fewer

Chicken and Veggies Salad
Lite Tuna Salad
Lucayan Salad
(without the boija muffins)
Black Bean Salad with Chicken
(without tortilla chips and cheese)

SIDES

Cuban Black Beans	Native Cole Slaw
St. Lucian Rice	Fresh Fruit
Bean & Corn Salad	Orzo Basil Salad
Spiced Sweet Potatoes	Small House Salad

SAUCES

Lite Honey Lime	BBQ
Lite Cucumber Dill	Curry
Lite House Vinaigrette	Jerk
Lite Zesty Ranch	Tangy

HEALTH *PLUS* HEALTHY PICKS

Pulled BBQ White Chicken Sandwich on 100% Whole Wheat Round with BBQ Sauce (2 Tbsp) + Fresh Fruit + Cole Slaw

355 calories, 8g total fat*, 64g carbohydrates, 785 mg sodium

Veggie Burger on 100% Whole Wheat Round + House Salad with Lite Zesty Ranch + Fresh Fruit

387 calories, 10g total fat*, 48g carbohydrates, 637 mg sodium

*saturated fat unavailable



MOE'S SOUTHWEST GRILL



2525 WEST END AVENUE, NASHVILLE
(615) 320-0001 | moes.com/catering/

[Interactive Nutrition Calculator](#)

Chipotle Ranch or the Southwest Vinaigrette add 250 calories, 25g of fat, and up to 700 mg sodium per serving!

Shredded cheese, sour cream, and guacamole add calories and fat FAST! Experiment with Moe's interactive nutrition calculator to see if you can fit them into your meal.

Skip the chips! A side of chips contains 360 calories and 19g of fat.

FAJITA COMBINATIONS

500 Calories or Fewer Per Two Fajitas

- 1. Start Your Fajita.**
Comes with two (8-inch) flour tortillas.
- 2. Choose Your Protein.**
Fish
Chicken
Tofu
- 3. Add Rice and Beans.**
Rice (opt out if choosing meat *and* beans)
Pinto (lower sodium option)
Black Beans
- 4. Dress it Up with Complimentary Options.**
Onions Peppers
Lettuce Pico De Gallo

SALADS

400 Calories or Fewer

- 1. Start Your Salad.**
Skip the crispy salad bowl and save nearly 500 calories and 33 grams of fat!
- 2. Choose Your Protein.**
Fish
Chicken
Tofu
- 3. Choose Your Beans.**
Pinto (lower sodium option)
Black Beans
- 4. Dress it Up with Complimentary Options.**
Cucumber Pico de Gallo
Limelite Vinaigrette Salsa Vinaigrette



HEALTH *PLUS* HEALTHY PICKS

2 Flour Tortillas, Chicken, Pinto Beans, Grilled Peppers and Onions, Lettuce, Pico De Gallo

500 calories, 16g total fat, 4g saturated fat, 52g carbohydrates, 800 mg sodium

Entrée Salad: Lettuce, Chicken, Cucumbers, Pico De Gallo with Limelite Vinaigrette

258 calories, 11g total fat, 2g saturated fat, 11g carbohydrates, 726 mg sodium

MOE'S SOUTHWEST GRILL



Continued

TACO COMBINATIONS

470 Calories or Fewer Per Two Tacos

1. Start Your Taco.

Comes with two (6-inch) flour tortillas or two crispy corn shells.

2. Choose Your Protein.

Chicken Tofu
Fish

3. Choose Your Bean.

Pinto (lower sodium option)
Black Bean

4. Dress it Up.

Lettuce
Pico De Gallo

NON-COMPLIMENTARY TOPPINGS

Load Up With These Healthy Toppings

Onions	Grilled Onions
Fresh Jalapenos	Black Olives
Cilantro	Grilled 'Shrooms
Tomatoes	Lettuce
Grilled Peppers	Cucumbers

BOXED LUNCH

Steer Clear of the Burrito Box Catering Option!

1,194 Calories
58g Total Fat
18g Saturated Fat
2,138 mg Sodium

JUNIOR BURRITOS

Build any Junior Burrito with your choice of protein, (chicken, fish, tofu, beef, or pork) choice of beans, rice, and pico de gallo.



WANT TO ORDER A DIP?

Consider The Nutrition Information Per Serving

Side of Chips & Moe's Queso

510 calories, 32g fat, 770 mg sodium

Side of Chips & Guacamole

420 calories, 24g fat, 400 mg sodium

Side of Chips

360 calories, 19g fat, 180 mg sodium

HEALTH *PLUS* HEALTHY PICKS

2 Crispy Corn Taco Shells, Fish, Pinto Beans, Lettuce, Pico De Gallo

352 calories, 10g total fat, 4g saturated fat, 40g carbohydrates, 396 mg sodium

Junior Burrito with Whole-Grain Tortilla, Chicken, Black Beans, Rice, Pico De Gallo

413 calories, 10g total fat, 3g saturated fat, 57g carbohydrates, 738 mg sodium

PANERA BREAD



406 21ST AVENUE SOUTH, NASHVILLE
(615) 320-1500 | [cater.panerabread.com/catering-webapp/
Nutrition Information](http://cater.panerabread.com/catering-webapp/Nutrition%20Information)

Opting for an apple over potato chips will save you 70 calories and 8g fat.

Watch out for sodium! Pairing a sandwich with soup below will total over 1300 mg of sodium, which is more than half the daily recommended amount.

Ask for the cookie to be left out of the box lunch and save 440 calories, 22g of fat, and 33g of sugar! That way it will be out of sight, out of mind.

HALF SANDWICHES*

350 Calories or Fewer

Mediterranean Veggie
Tuna Salad
Roasted Turkey and Avocado BLT
Smoked Turkey Breast
Napa Almond Chicken Salad

CUP OF SOUP

210 Calories or Fewer

All Natural Turkey Chili
Low-Fat Vegetarian Black Bean
Low-Fat Vegetarian Garden Vegetable with Pesto

*To help reduce sodium on your sandwich, ask to substitute standard breads for the options below.

BREADS

Whole Grain
Sourdough
Ciabatta

SIDES

Apple
Panera Baked Crisps

HEALTH *PLUS* HEALTHY PICKS

Napa Almond Chicken Salad (Half) Sandwich on Whole Grain Bread + Apple

420 calories, 13g total fat, 0.5g saturated fat, 63g carbohydrates, 510 mg sodium

Mediterranean Veggie (Half) Sandwich on Ciabatta + Apple

380 calories, 7.5g total fat, 0g saturated fat, 68g carbohydrates, 640 mg sodium



SUBWAY



400 21ST AVENUE SOUTH, NASHVILLE
(615) 329-2800 | [subway.com/subwayroot/Catering/
Nutrition Information](http://subway.com/subwayroot/Catering/Nutrition%20Information)

Opt to leave off
banana peppers and
pickles and save 350mg
sodium. Otherwise, load
up on veggies!

To GO™ Meals offer a choice of apples
or chips in addition to a cookie. Opting
for apples over chips and skipping the
cookie could save you up to 470 calories
and 24g of fat.

If adding cheese
choose mozzarella, swiss,
or provolone for the
least amount of fat and
sodium.

6-INCH SANDWICHES

400 Calories or Fewer

Black Forest Ham
Turkey Breast
Turkey Breast & Ham
Roast Beef
Subway Club
Veggie Delite

BREADS

9-Grain Wheat
9-Grain Honey Oat
6-inch Multigrain Flatbread

CONDIMENTS

Vinegar
Subway® Vinaigrette
Mustard
Fat-Free Sweet Onion Sauce
Fat-Free Honey Mustard Sauce

SIDES

Apple
Baked Lays®

HEALTH *PLUS* HEALTHY PICKS

SUBWAY FRESH FIT® Sandwich Platter
(Serves 5-9)

To GO™ Meal

6-inch Turkey Breast Sandwich + Apple

315 calories, 3.5g total fat, 1g saturated fat,
55g carbohydrates, 760 mg sodium

6-inch Veggie Delite® Sandwich + Apple

265 calories, 2.5g total fat, 0.5g saturated fat,
38g carbohydrates, 280 mg sodium

