Breakfast Sign-Up Sheet:

Please fill your name in below with the food or beverage item that you are planning to bring to the party on _____.

Meats/Protein:
Healthier ideas: Turkey or veggie bacon, hard boiled eggs, scrambled eggs, peanut butter (with no hydrogenated oils), Canadian bacon, turkey or veggie sausage, frittata (egg casserole), low-fat yogurt (regular or Greek)

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Breads/Grains:
Healthier ideas: Whole-grain mini bagels, whole-wheat toast, rice cakes, English muffins, cereal (<6 g of sugar per serving), oatmeal, grits (use less butter, cheese), mini muffins

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Extras:
Healthier ideas: Reduced-fat cream cheese, honey, sugar-free jelly, "lite" butter or trans fat-free margarine

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Fruit/Dried Fruits:
Healthier ideas: Sliced cantaloupe, blueberries, grapes, pineapple, bananas, orange slices, raisins, dried plums, dried cherries

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Drinks:
Healthier ideas: Water, low-fat milk, 100% juices (orange, apple, grape, tomato), coffee (regular and/or decaf), hot tea

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Paper Products:

Cups: _____

Plates/Bowls(small): _____

Napkins: _____

Utensils: _____

Other:

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If you would like some recipe ideas, check out the "Office Parties" tab on the Wellness Website (http://www.co.iredell.nc.us/Departments/Human_Resources/Wellness/healthy.aspx)