Resources for Supporting Healthful Eating in the Workplace

General Resources

- CDC – Healthy Eating Tips
- Dietary Guidelines for Americans
- Snap Ed USDA.Gov on Farmers Markets
- American Heart Association
- National Heart Lung and Blood Institute
- A Million Hearts (CDC and Centers for Medicare and Medicaid Services)
- American Diabetes Association
- Release the Pressure
- Health.gov PDFs:
  - Build a Healthy Eating Routine
  - Cut Down on Added Sugars
  - Cut Down on Saturated Fat
  - Cut Down on Sodium
- U.S. Department of Agriculture: MyPlate
  - ChooseMyPlate
  - Get Your MyPlate Plan
  - Healthy Eating on a Budget
  - Tips for Adults
  - Videos | MyPlate
- WA Portal the Great 8 -Cardiovascular and Diabetes Heart Health Behaviors
- WA Portal – Healthier Washington Collaborative
- WA Portal Self monitor Blood Pressure (Different languages)

Policy

- Executive Order 13-06: Improving the Health and Productivity of State Employees (wa.gov)
- Healthy Nutrition Guidelines | Washington State Department of Health
- Healthy Nutrition Guidelines for Meetings and Events | Washington State Department of Health
- Implementation Guide for State Agencies
- Implementation Guide for State Institutions

Videos

- Videos Archives - Med Instead of Meds
- Eatright.org Nutrition Videos USDA MyPlate, My Wins series: (1-3 minutes):
  - Real Solutions from Real Families
  - At Breakfast
  - At Lunch
  - At dinner
  - For Beverages
• American Academy of Nutrition and Dietetics: eatrightPRO (~1 minute):
  o Basics of Meal Prepping
  o Eat Right on a Budget
  o Children and Picky Eating
  o Build a Healthy Sandwich
  o Refrigerator Organization Video
  o 2 Ways to Get Kids to Eat Cauliflower
  o Quick and Healthy Snack Ideas (Roasted Garbanzo Beans)
  o Tasty Family Dinner (Homemade Burrito Bowls)

Recipe Links

• USDA Snap Ed Nutrition Education Recipes
• Washington State University
  o Eating Well for Less (English)
  o Eating Well for Less (Spanish)
  o Food Sense Recipes
• Vegetarian Times
• Holiday Season Eating for People with Diabetes
• CDC Diabetes PDF
  o 11 Tasty Recipes for People with Diabetes and their Families