

# 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):
  - [Basics of Meal Prepping](#)
  - [Eat Right on a Budget](#)
  - [Children and Picky Eating](#)
  - [Build a Healthy Sandwich](#)
  - [Refrigerator Organization Video](#)
  - [2 Ways to Get Kids to Eat Cauliflower](#)
  - [Quick and Healthy Snack Ideas](#) (Roasted Garbanzo Beans)
  - [Tasty Family Dinner \(Homemade Burrito Bowls\)](#)

## Recipe Links

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