

## LUNCH WITH CANADA'S FOOD GUIDE TO HEALTHY EATING

When packing lunches we can use the Food Guide to help make the best choices for our children.

CHOOSE MORE OFTEN	CHOOSE LESS OFTEN	<b>LIMIT THESE CHOICES</b> (They are high in fat, sugar or salt)
<b>Grain Products (5-12 servings/day)</b>		
<ul style="list-style-type: none"> <li>- sandwiches made with bread, rolls, pita or tortillas</li> <li>- whole grain muffins</li> </ul>	<ul style="list-style-type: none"> <li>- croissants, sweetened cereals, snack crackers, plain granola bars, cake muffins, oatmeal cookies</li> </ul>	<ul style="list-style-type: none"> <li>- doughnuts, packaged cakes, dipped granola bars, frosted and other fancy cookies, pastries, packaged noodle soup.</li> </ul>
<b>Vegetables and Fruits (5-10 servings/day)</b>		
<ul style="list-style-type: none"> <li>- any fresh fruit or vegetable sticks</li> <li>- 100% fruit juice</li> <li>- lettuce, sprouts, tomatoes</li> <li>- vegetable soup</li> </ul>	<ul style="list-style-type: none"> <li>- fruit drinks (less than 100% juice)</li> <li>- fruit leathers and dried fruit</li> <li>- french fries</li> </ul>	<ul style="list-style-type: none"> <li>- fruit flavoured drinks (no juice content), "Fun Fruits"</li> </ul>
<b>Meat and Alternatives (2-3 servings/day)</b>		
<ul style="list-style-type: none"> <li>- lean meat or poultry, eggs, peanut butter, fish, beans, seeds, nuts</li> </ul>	<ul style="list-style-type: none"> <li>- wieners, luncheon meats</li> </ul>	<ul style="list-style-type: none"> <li>- bacon, chocolate nut spreads</li> </ul>
<b>Milk Products (2-4 servings/day)</b>		
<ul style="list-style-type: none"> <li>- 2%, 1% or skim milk, yogurt, cheese, cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>- flavoured milks, yogurt drinks, whole milk, mild-based puddings, cheese spread</li> </ul>	<ul style="list-style-type: none"> <li>- canned puddings, most hot chocolate drinks, cream cheese</li> </ul>

By packing lunches based on the four food groups we can ensure that we get the calcium, iron, vitamins and other nutrients needed for good health.

Foods such as jello, pop, jam, honey, cheesies and chips are classified as "Other" foods. They are high in either fat, sugar or salt and have little food value.

For a copy of Canada's Food Guide to Healthy Eating or for more information on healthy eating, call the nutritionist at 766-7777.