



HEALTHY LUNCHES FOR YOU & YOUR SCHOOL CHILDREN

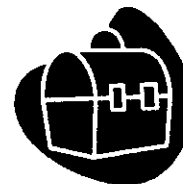


LUNCH IDEAS

Try to include at least three food groups from Canada's Food Guide to Healthy Eating at each meal.

Grain Products	Vegetables and Fruit	Milk Products	Meats & Alternatives
<ul style="list-style-type: none"> Whole grain bread - whole wheat, rye, pumpernickel, raisin, multigrain English muffins Rice cakes Crackers or bread sticks Tortillas wraps Muffins Pita bread Rice Pasta salad 	<p>Vegetables:</p> <ul style="list-style-type: none"> Any raw vegetables. Try carrot coins, cucumber, celery sticks, broccoli florets, zucchini discs, or pepper rings. Mixed green salad Tomato or V8 juice <p>Fruit:</p> <ul style="list-style-type: none"> Any fresh fruit. Try kiwi, strawberries, pear, peaches, apples, oranges, or pineapple. Canned or dried fruit Applesauce 100% fruit juice 	<ul style="list-style-type: none"> White or chocolate milk Yogurt, yogurt drinks or tubes Cheese strings, cubes or slices Milk pudding or custard Milk based soups Cottage cheese Fresh cheese (e.g. minigo) 	<ul style="list-style-type: none"> Tuna or salmon Hard boiled eggs Meat alternatives such as chickpeas (hummus), baked beans, bean salad, lentil soup, or split pea soup Peanut butter Lean deli meats like turkey, chicken, ham, or roast beef Nuts or seeds like peanuts, almonds, or sunflower seeds
Choose whole grain and enriched products more often.	Choose dark green and orange vegetables and orange fruit more often.	Choose lower fat milk products more often.	Choose leaner meats, poultry and fish, as well as dried peas, beans, and lentils more often.

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Let Kids Help

Children of all ages can help out in the kitchen. Tasks like washing vegetables and fruit, tearing lettuce and greens, pouring, measuring, counting and stirring can be done by almost any child. Involving children in food preparation teaches them where foods come from and how foods fit into a healthy pattern of eating. The other benefit is, if a child has helped prepare a meal or snack, he/she is more likely to eat it.

TRI-HEALTH

TRY IT!

- BE ACTIVE
- EAT HEALTHY
- BE SMOKE-FREE



Why

Children who have healthy lunches will concentrate and perform better at school. They will also have more energy throughout the school day. Making a nutritious lunch is easy and does not have to be an elaborate meal. Use these tips and ideas to add to the lunch box...



www.trihealth.ca
1-800-660-5853 or 345-5685