

# Snack Attack

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**Purpose** To learn about healthy snacks and snacking while at work

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**Intended Audience** All employees

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- Suggested Activities**
- Use the *Snack Attack!* PowerPoint presentation for an education session with employees (See the attached CD).
  - Place table tents on tables in kitchens, break rooms, worksite cafeterias, boardrooms, photocopier rooms, and other key areas.
  - Hand out and/or post fact sheets by elevators, on bulletin boards, in stairwells, and in other key areas.
  - Offer healthy snacks to employees (fruit, granola bars, muffins, yogurt, etc.).
  - Arrange educational sessions (or a “snack and learn”) on the topic to be led by a dietitian.
  - Provide information on snacking on the intranet and/or in newsletters.

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## Materials

- Diversity Checklist
- PowerPoint presentation: *Snack Attack! Healthy Lunches and Snacks* (See the attached CD.)
- Table tents  
(See the attached CD and inserts at the back of this binder.)
- Fact sheet: *Step Right Up to Healthy Eating: Colour Your Choices with Vegetables and Fruit* (Dietitians of Canada) (See p. 125)
- Fact sheet: *Step Right Up to Healthy Eating: It's Always a Great Time for Grains!* (Dietitians of Canada) (See p. 127)
- Fact sheet: *Step Right Up to Healthy Eating: Marvelous Milk Products* (Dietitians of Canada) (See p. 129)
- Fact sheet: *Step Right Up to Healthy Eating: Making the Most of Meat and Alternatives* (Dietitians of Canada) (See p. 131)
- Article: *Dietitians of Canada's Healthy Lunches to Go Tour Offers Top Ten New Year's Tips for Stress Free and Nutritious Lunchtime Meals* (Dietitians of Canada) (See p. 133)
- How to Access a Dietitian in Nova Scotia  
(See Additional Resources, p. 244)
- Intranet/newsletter messages  
(See Communication Materials, p. 205)
- *Healthy Eating in the Workplace Action Plan Worksheet*  
(See Additional Resources, p. 221)
- *Healthy Eating in the Workplace Participant Evaluation Form*  
(See Additional Resources, p. 225)



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# Step Right Up

## to Healthy Eating

### Colour your choices with Vegetables and Fruit

**Bright red and yellow peppers, juicy oranges, sweet pineapples, plump berries and grapes, crisp carrots, ripe tomatoes and luscious leafy greens – doesn't your mouth water just thinking about these delicious foods?**

**Vegetables and Fruit are 1 of 4 important food groups in *Eating Well with Canada's Food Guide*.** Together with Grain Products, Milk and Alternatives, and Meat and Alternatives, they form a tried and true blueprint for healthy eating.

#### **Vegetables and Fruit taste awesome!**

Your taste buds will come alive when you savour the sweetness of snow peas, the crunch of cucumber and the kick of kiwi!

**Vegetables and Fruit help you stay healthy.** They are loaded with vitamins, fibre and antioxidants, all known to help fight disease and allow your body to perform at its best.

- With the exception of olives and avocados, Vegetables and Fruit are low in fat and calories. They make a great snack any time of the day.
- Broccoli, red peppers, tomatoes, strawberries, oranges, grapefruit and kiwi are best picks for Vitamin C, which is needed to prevent infections and heal cuts and bruises.



- Fruits, such as apples, strawberries and citrus fruits contain soluble fibre, which helps to reduce 'bad' cholesterol. Most fruits and vegetables, except for juices, also provide insoluble fibre, which helps to keep digestive systems healthy and regular. Eating the skins of vegetables and fruit is great for added fibre.
- Dark green leafy vegetables, asparagus, broccoli, Brussels sprouts, green peas, corn, oranges and orange juice, and canned pineapple juice are great sources of folate. This B vitamin is needed for healthy blood and known to protect against neural tube defects during pregnancy.
- Lower your risk for heart disease, stroke and certain types of cancer by choosing antioxidant rich vegetables and fruit. Examples include dark green, red and orange choices like red peppers, tomatoes, broccoli, spinach, kale, carrots, sweet potatoes, mangos and cantaloupe.

**Promoting Health Through Food and Nutrition** [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)

Education & Awareness Raising

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## Tips for choosing and enjoying Vegetables and Fruits

### Enjoy vegetables and fruit at each meal or snack to get the amount you need each day.

Canada's Food Guide recommends a certain number of Food Guide Servings each day from the Vegetables and Fruit group depending on your age and gender.

Age	# of Food Guide Servings of Vegetables and Fruit
Toddlers 2-3 years	4
Children 4-8 years	5
Youth 9-13 years	6
Teens (females) 14-18 years	7
Teens (males) 14-18 years	8
Adults (females) 19-50 years	7-8
Adults (males) 19-50 years	8-10
Adults (females) 51 years and older	7
Adults (males) 51 years and older	7

### Vegetables and Fruit are totally versatile!

Enjoy them fresh, frozen, canned or dried. Try them in soups, stir-fries, stews, casseroles or as a dessert.

### Have dark green and orange vegetables or fruit each day.

Having vegetables and fruit at every meal and snack helps you get the number of servings you need. One Food Guide Serving is equal to 1 medium piece of fresh fruit OR 125 mL (1/2 cup) of cut up fresh, frozen or canned fruit or vegetable OR 250 mL (1 cup) of green salad OR 125 mL (1/2 cup) of 100% fruit juice OR 60 mL (1/4 cup) dried fruit.

**Short on time?** Use pre-washed bagged salads or cut-up vegetables and fruit to save time.

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### Choose vegetables and fruit more often

**than juice.** You'll get more fibre and other important nutrients. When choosing juice, look for products that are 100% juice.

**In a hurry?** Grab the perfect fast food that doesn't need a container – bananas, apples, pears, oranges are all easy take along foods.

**Need a yummy breakfast?** Blend 1 cup (250 mL) yogurt with 1 medium banana, 1/2 cup (125 mL) orange juice and a few berries for a tasty shake.

**Hold the fat, sugar and salt.** Enjoy the true taste of vegetables and fruit. Enhance flavours with herbs and spices rather than salt. Avoid deep fried vegetables – have steamed or stir-fried vegetables instead. Choose unsweetened or fruit packed in juice.

**Be adventurous** – try one new fruit or vegetable every week – you'll be amazed at how good it all tastes. Visit markets with foods from different parts of the world. Experiment with Bok choy, gai lan, casava, okra, bitter melon, passion fruit, pomegranate, and star fruit.

**Lock in nutrients.** Steam or use just a small amount of cooking water to keep the most nutrients in your vegetables.

**Show children how and where veggies are grown** – try growing a few in your own back yard or take a road trip to a pick-your-own field or farmers market.

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# Step Right Up

## to Healthy Eating

### It's Always a Great Time for Grains!

Grain Products are enjoyed every day by people around the world. Rice, pasta, tortillas, roti, bannock, couscous, and every size and shape of bread are just a few examples of foods made with the goodness of grains.



#### Grain Products are 1 of 4 important food groups in *Eating Well with Canada's Food Guide*.

They are our main source of carbohydrate which supplies our body with easy to use fuel. Grain products also provide key vitamins and minerals such as thiamin, riboflavin, niacin, iron, zinc and magnesium. Grain Products are an important source of fibre, which may help reduce our risk for heart disease, diabetes and obesity, and of course, prevent constipation.

#### Get the most nutritional value – go for the whole grain.

Make at least half of your grain products choices whole grain each day. Whole grains include all parts of the grain kernel – the bran, germ and endosperm. The more a whole grain is refined during processing, the more nutrients are lost. Enriched products like pasta, white flour and some breakfast cereals have vitamins and minerals added back, however the original fibre and some micronutrients and minerals of the whole grain are still

missing. Choose foods with “whole” in front of the grain in the ingredient list. For example, whole wheat or whole rye flour instead of wheat or rye flour.

#### How many servings a day?

The number of servings you eat depends on your age and gender. A Food Guide Serving equals one slice of bread (35 g), 1/2 a bun or bagel, or 125 mL (1/2 cup) of cooked rice, pasta, or 150 g (3/4 cup) hot cereal. Check the labels of cold cereals for the portion size. A Food Guide Serving of cold cereal is 30 grams.

Age	# of Food Guide Servings of Grain Products
Toddlers 2-3 years	3
Children 4-8 years	4
Youth 9-13 years	6
Teens (females) 14-18 years	6
Teens (males) 14-18 years	7
Adults (females) 19-50 years	6-7
Adults (males) 19-50 years	8
Adults (females) 51 years and older	6
Adults (males) 51 years and older	7



## Tips for choosing and enjoying Grain Products

**Mix it up.** Enjoy a variety of flavours and textures by mixing together two to three different breakfast cereals. Boost the fibre value of refined cereals by adding a handful of a high fibre cereal (one with at least 4 grams of fibre per serving).

### Grains make great snacks!

Enjoy the crunch of low fat, whole grain crackers, Melba toast, dry cereal or plain popcorn as a healthier alternative to potato chips.

### Flip fibre into your flapjacks

When making pancakes, muffins or cookies from “scratch” or a mix, add flaxseeds, rolled oats, wheat germ, oat or wheat bran, chopped nuts, dried fruit, or frozen blueberries for more fibre. Try substituting whole wheat or barley flour for all-purpose flour when baking.

### Tired of sandwiches?

For a change, take your favourite fillings and wrap them in a tortilla, stuff them in a pita, pile them on a crusty roll or spread them on a bagel. Try the whole grain varieties for added fibre.

**Lower is better.** The Glycemic Index is a scale that rates foods by how much they raise the sugar level in your blood. The lower the Glycemic Index (GI) of a food the better it may be for controlling your appetite, cholesterol and blood sugar levels. Choose whole grain products that have low GI values. Examples include: pumpernickel bread, large flake oatmeal, and barley.

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### Hold the fat, sugar and salt!

Read the food label to compare grain products and choose the ones that are lower in fat, trans fat, sugar and salt. Use only small amounts of spreads and sauces.

### Have you tried ...?

There is practically a whole grain for each letter of the alphabet. Amaranth, Bulgur, Couscous, Quinoa, Rice, Spelt, Triticale – just to name a few. Whole grains add a delightful nutty flavour and wonderful chewy texture to cereals, salads, pilafs and baked goods. Tantalize your taste buds and try a new grain this month.

**A Toast to Oats!** Dietary fibre that is called “soluble” has been shown to help lower blood cholesterol and help control blood sugar levels. Oatmeal, oat bran, barley, kidney beans, baked beans and flaxseeds are rich in soluble fibre.

### Grandma called it ‘roughage’!

Insoluble fibre found in wheat bran, corn bran, flax seeds, fruits and vegetables (especially the skins), is needed to help keep you regular and prevent constipation. Be sure to drink plenty of water when eating foods with large amounts of insoluble fibre.

**Low marks for “low-carb” diets** Weight loss diets that promote a very low carbohydrate intake get a poor grade from nutrition experts. Our bodies need at least 130 grams of carbohydrate each day to get the glucose or sugar that fuels our brains. Low-carb diets also tend to be low in fibre, vitamins and minerals and are, therefore, unhealthy if followed for any length of time.

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# Step Right Up

## to Healthy Eating

### Marvelous Milk Products

**“Drink your milk – it’ll make your bones strong.”**

For decades, parents have spoken these words at the dinner table day after day after day, and it still holds true.

**Milk and Alternatives are 1 of 4 important food groups in *Eating Well with Canada’s Food Guide*.**

Together with Vegetables and Fruit, Grain Products, and Meat and Alternatives, they form a tried and true blueprint for healthy eating.

#### **Tasty and versatile!**

Ice cold milk, smooth and creamy yogurt and cheese from around the world can be enjoyed on their own or combined with other foods to make everything from appealing appetizers and dips, salads and dinner dishes to delicious desserts.

#### **Provide a variety of nutrients.**

Milk, yogurt and cheese provide protein, vitamins including vitamin A and D and minerals including calcium, phosphorous and magnesium. It’s important to have 500 mL (2 cups) of milk every day for adequate vitamin D for healthy bones. If you don’t drink milk choose a fortified soy beverage.



#### **Milk isn’t just for kids!**

Milk contains all the building blocks for healthy bones and teeth. Canada’s Food Guide recommends 2-4 servings of Milk and Alternatives per day, depending on your age.

Age	# of Food Guide Servings of Milk and Alternatives
Toddlers 2-3 years	2
Children 4-8 years	2
Youth 9-13 years	3-4
Teens 14-18 years	3-4
Adults 19-50 years	2
Adults 51 years and older	3

For children and teens, Milk and Alternatives are great sources of the important building blocks for strong bones and teeth. And even though adult and senior bones don’t appear to be growing, milk products provide essential nutrients that work to keep bones strong. Healthy eating along with regular weight-bearing exercise such as walking or dancing can help to prevent osteoporosis, a condition which leaves bones weak, thin and more likely to break.



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## Tips for choosing and enjoying Milk and Alternatives

### **Compare your choices to Food Guide Servings!**

One serving of Milk and Alternatives equals one 250 mL (8-ounce) glass of milk or fortified soy beverage, 2 slices of processed cheese, 50 g (1 1/2 ounces) of cheese (the size of 3 one-inch cubes) or 175 gm (3/4 cup) yogurt.

**Chocolate and other flavoured milks** contain all the nutrients of white milk, but with more sugar.

### **Make lower fat choices more often.**

You will find %MF or %BF on food labels for milk, cheese and yogurt. The percentage of milk fat (%MF) or butterfat (%BF) is the amount of fat by weight in the milk product. For example, 3.25% (homogenized milk) has more fat than 2% or 1% milk. Skim milk has the least amount of fat with less than 0.5% fat. Regardless of the MF or BF content, all fluid milk contains the same calcium, vitamins and minerals.

**Shake up a wonderful breakfast** by whirling 1 cup (250 mL) yogurt, 1/2 cup (125 mL) orange juice, and 1 medium banana in the blender. Top it with some fresh berries for added crunch and color.

**Use fluid milk** instead of water when preparing canned cream soups. Or try adding skim milk powder to meat loaf, sauces or casseroles.

### **Use evaporated 2% or whole milk instead of whipping or cereal cream in cream sauces.**

You'll get the velvety smooth texture, more calcium and save on added fat.

### **Cream cheese, ice cream and sour cream are calcium poor choices.**

While made from milk, these foods contain less calcium than milk, yogurt or cheese.

**If you don't drink milk** enjoy fortified soy beverages. They are available in different flavours and can be used as a beverage, on cereals and for cooking and baking. If you drink less than 2 cups (500 mL) of milk or fortified soy beverage daily, you will probably need a vitamin D supplement.

**If you are lactose intolerant**, you can buy special milk in which the lactose has already been broken down. You can also use chewable lactase tablets. Try hard cheeses and yogurt, as they are often easier to digest for people who are lactose intolerant.

### **Other foods contain calcium, but don't provide all of the important nutrients found in milk products.**

Vegetables such as bok choy, broccoli and kale and nuts such as almonds and sesame seeds contain calcium. However, you need to eat a large amount to equal the calcium from one glass of milk. For example, you would need to eat 750 mL (2 1/2 cups) of broccoli OR 250 mL (1 cup) of almonds OR 45 mL (3 tablespoons) of sesame seeds to obtain the calcium that is found in 250mL (1 cup) of milk. These foods also don't provide the vitamin D that is added to milk.

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# Step Right Up

## to Healthy Eating

### Making the most of Meat and Alternatives



Meat and Alternatives are 1 of 4 important food groups in *Eating Well with Canada's Food Guide*. Together with Vegetables and Fruit, Grain Products, and Milk and Alternatives they form a tried and true blueprint for healthy eating.

#### Meat and Alternatives are tasty and versatile.

Whether it's a juicy burger, tender chicken breast, poached fish fillet, tofu burger, fluffy scrambled eggs or spiced kidney beans, Meat and Alternatives offer up terrific variety and taste as a key part of healthy eating.

#### Meat and Alternatives provide a variety of essential nutrients including protein, iron, B vitamins and zinc.

- **Protein** is a part of every cell in our bodies. Without enough of this essential building block, your body could not maintain or repair itself.
- **Iron** is important because it carries oxygen to all your body parts, helps prevent infections and helps your body make energy. It also helps to prevent anemia that can make you feel tired.
- **B Vitamins** (e.g. thiamin, riboflavin, niacin, folacin, and vitamins B6 and B12) help your body to make red blood cells and to use the energy (calories) found in the foods we eat.
- **Zinc** is needed for proper growth and helps your body to fight infections.

#### Avoid portion distortion – you can get too much of a good thing.

Canada's Food Guide recommends servings of Meat and Alternatives every day. The recommended amount varies with age and gender.

Age	# of Food Guide Servings of Meat and Alternatives
Toddlers 2-3 years	1
Children 4-8 years	1
Youth 9-13 years	1-2
Teens (female) 14-18 years	2
Teens (male) 14-18 years	3
Adults (females) 19 years and older	2
Adults (males) 19 years and older	3

One Food Guide Serving of meat equals 75 g (2 1/2 ounces) cooked. This is approximately:

- 1/2 of a chicken breast or a chicken leg with thigh (without skin)
- 125 mL (1/2 cup) of flaked fish or ground meat
- 3 slices (75 g) of packaged luncheon meat (check the package label for the number of grams per serving)

**As for alternatives,** A 175 mL (3/4 cup) serving of cooked beans, peas or lentils, or soybean curd (tofu) counts as one Food Guide Serving. A Food Guide Serving equals 30 mL (2 tbsp) of peanut butter, 60 mL (1/4 cup) shelled nuts and seeds, or two eggs.



## Tips for choosing and enjoying Meat and Alternatives

### Select lean cuts of meat to avoid excess fat.

For beef, choose well-trimmed inside, outside or eye of round or sirloin cuts and lean or extra lean ground beef. For pork, choose lean ham, pork tenderloin or loin chops. For lamb, choose cuts from the leg and loin.

**Enjoy poultry without the skin.** Reduce saturated fat. Choose items like skinless chicken or turkey breasts or thighs, or remove the skin from poultry at home before cooking.

**“Let’s go fishing”.** Fish and shellfish are tasty meat alternatives. Some fish, such as mackerel, lake trout, herring, sardines, albacore tuna and salmon are rich in omega-3 fatty acids, a type of fat that, together with a balanced eating plan, may help prevent some forms of heart disease.

**Beans, beans and more beans! Meat Alternatives such as beans (kidney, soy, black), peas, and lentils** are lower in fat and still provide protein, iron and B vitamins. Legumes are a great source of fibre. Enjoy soups, stews, casseroles and salads with legumes or use pureed beans or chick peas in dips and spreads.

**Experiment with Soy!** Soybeans are unique among beans because they contain all the building blocks or amino acids found in other complete protein foods like meat. Experiment! Use tofu in place of half the ground beef in meatloaf, chili or tacos. Or snack on a handful of soy nuts rather than chips or crackers. The best nutritional choice is tofu made with calcium.

**Explore the Alternatives!** In moderation, eggs can be part of healthy eating. They’re an inexpensive source of high quality protein and make for fast and easy meals.

**Go Nuts!** Nuts and seeds are higher fat foods. However, the mono and polyunsaturated fats they provide has been linked to health benefits. Enjoy nuts, nut butters and seeds in small amounts in meals and snacks.

### Keep it safe – when choosing, storing and cooking meat and poultry.

- Keep all meats and poultry cold – make it the last selection in your grocery cart and re-refrigerate quickly.
- Defrost in the refrigerator, not on countertops.
- Cook meat and poultry thoroughly. You can safely eat whole pieces of beef or lamb medium rare, which means the centre can show a hint of pink. Always cook ground beef well so no pink remains. A meat thermometer is the best way to tell when meat is cooked to the right temperature.

### Will eating more protein-rich foods help build my muscles ?

It’s a myth that protein alone builds muscle mass. Adequate protein, along with enough calories and balanced eating, all contribute to the development of healthy muscles. Overdoing the protein adds extra calories and is not necessary. For muscle building make sure that your workout contains a strength training component.

### True or False: Whey protein and amino acid supplements will help produce bigger muscles.

**Answer:** False – These products can be expensive, offer no advantage over food choices providing adequate calories and protein, and excess amounts can be harmful.

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## Resource Centre

### Dietitians of Canada's Healthy Lunches to Go Tour offers Top 10 New Year's Tips for Stress Free and Nutritious Lunch time meals

#### Resource Information

##### Name of Resource

Dietitians of Canada's Healthy Lunches to Go Tour offers Top 10 New Year's Tips for Stress Free and Nutritious Lunch time meals

##### Year Created

2007

##### Description

**January 17, 2007** – “The New Year is a perfect time to make healthy food choices. With a little planning, you can easily avoid uneaten lunches, and give your child an easily prepared meal that is nutritious and delicious. Lunch time is a focal point of the day for children, refueling them for learning and after-school playtime,” says Susan Fyshe, Registered Dietitian and spokesperson for Dietitians of Canada.

Making sure that your child's carefully prepared lunch doesn't get ditched in the school cafeteria trash or come home half eaten is a concern of parents who pack healthy lunches from St. John's to Victoria.

Dietitians of Canada has partnered with the Canadian Health Network (CHN) to provide the Healthy Lunches to Go Tour. This online tour (<http://www.canadian-health-network.ca/healthylunches>) is for busy lunch makers in search of simple, healthy and easy to assemble meals. The online tour includes a healthy lunch checklist, nutrition information, and links to helpful resources.

To kick off the tour, Dietitians of Canada offers their **Top 10 Tips** for planning and making healthy lunches not just for children, but also for the whole family.

##### **The Top 10 Tips for 2007 are:**

1. **Make it Simple** – *Set aside a place* for lunch items in the fridge; *set aside a lunch drawer* for supplies and then *set aside a time* to make lunches the night before instead of during a hectic morning.
2. **Pack your pantry** with lunch friendly ideas. Canned fish such as salmon and tuna are great sandwich fillers. Unsweetened canned fruits, dried fruits and 100% fruit juice boxes can pump up your fruit intake.
3. **Fill your fridge** with lunch friendly ideas. Lower fat milk and cheese are always welcome lunch buddies. Try hummus for a tasty alternative to spread on a sandwich. Yogurt cartons are packed and ready to go. And a hard-boiled egg can be everyone's friend at a moment's notice.
4. **Fruits in all shapes, sizes and colors** are loaded with vitamins, minerals and fibre. For fast and delicious nutrition, pack lunches with easy-to-go fresh fruits such as, oranges, apples, pears, grapes and kiwi. Use reusable sealed containers to pack canned fruits such as unsweetened mandarin oranges, fruit cocktail and applesauce.
5. **Add some crunch**. For a texture treat, pack some crisp cucumbers, green or red pepper slices, broccoli or cauliflower pieces, baby carrots, fresh apple, orange or pear, grapes, or strawberries.

[http://www.dietitians.ca/resources/resourcesearch\\_Print.asp?fn=print&contentid=7876](http://www.dietitians.ca/resources/resourcesearch_Print.asp?fn=print&contentid=7876)

6. **Choose thirst quenchers.** Skip the pop, energy drink, fruit beverage or punch and quench your thirst with great tasting healthy choices. Milk, a shake made with yogurt and fruit, 100% vegetable or fruit juice and good old-fashioned water are perfect choices to quench your thirst.
7. **Use 'planned extras' from last night's dinner.** Planned extras are foods made with the intention of having some extra for lunches or another meal. Perfect planned extras for kids' lunches include: chili, pasta casseroles, ham, beef or turkey for sandwiches, and pizza.
8. **Go for 'whole'** when choosing breads and cereals. Whole grains contain more vitamins, minerals and fiber than grains that have been highly processed such as white bread, rice or refined and sweetened cereals. Whole grain products also offer great crunch and flavor!
9. **Avoid messy, mushy and smelly!** It may sound tasty and creative to roll a banana in a tortilla shell or wrap a cheese chunk with ham, but think about what this will look, feel and taste like by the time lunch rolls around? If a child (or you!) opens your lunch box to something that's become messy, mushy or smelly, it's headed for the garbage.
10. **Sweet treats:** Try packing a pudding, yogurt dip for vegetables or fruit, canned unsweetened fruit, squares made from dates, rice or puffed wheat cereal, homemade cookies with a healthy twist or dried fruit such as raisins. Satisfy your kid's sweet tooth with some healthy choices such as fresh or dried fruit, low fat frozen yogurt, a handful of granola.

Dietitians of Canada, the CHN's expert source for information on healthy eating, represents more than 5,500 dietitians across Canada. Dietitians of Canada is committed to promoting the health and well being of consumers through food and nutrition.

The Canadian Health Network is a national bilingual health promotion tool that provides credible, practical information on health promotion, and disease and injury prevention. The CHN is brought to you by the Public Health Agency of Canada and major health organizations across Canada.

For more information, visit the Canadian Health Network:  
<http://www.canadian-health-network.ca/healthylunches>

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