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Healthy Lunches

Eating Well with Canada's Food Guide uses a rainbow to represent the four food groups. Each food group has been given its own coloured arc of the food guide rainbow.



Vegetables and fruit is the green rainbow arc – try to eat at least one dark green and one orange vegetable each day. Enjoy vegetables or fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.

Grains products are the yellow arc – make at least half of your grain products whole grain, each day. Choose grain products that are low in fat, sugar and salt.

Milk and alternatives is the blue arc – drink skim or 1% milk every day, and choose lower fat milk alternatives.

Meat and alternatives is the red arc – have meat alternatives such as beans, lentils and tofu often. Eat at least two food guide servings of fish each week. Select lean meat and alternatives that are prepared in little or no added fat or salt.

Check your family meals. Do you have rainbow lunches? What about breakfast and dinner?

Adapted from Health Canada
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/count-maximum-eng.php>

Here are some ideas to keep lunches interesting:

- Freezing 100% juice boxes adds a fun snack or a nice cold drink for lunchtime. The frozen juice can also be used as a cold pack to keep lunches chilled.
- Try baked beans, potato salad or casseroles. They contain many food groups and with some rye bread can make a great lunch.
- Cut veggies for the entire week on Sunday. They will be ready to go with almost no prep time when it's time to pack a lunch.
- Thermos' are a handy tool for keeping lunch warm. Try low-sodium cream of mushroom soup with whole-wheat crackers as a cold weather meal.
- A stir-fry is a great way to introduce new vegetables. Serve with chicken/shrimp, brown rice and low fat milk for a complete meal.

Adapted from Alberta Health Services School Nutrition Guidebook

Did you know?
Sweet potatoes are very low in fat and high in fibre. Use as a substitute for potato.

Recipe of the Month

Pita Pizza

Ingredients:

- 1 Whole wheat pita
- 2 Tbsp Spaghetti or pizza sauce, low sodium
- 3 Tbsp Mozzarella cheese, reduced fat, grated
- ¼ Cup Toppings of choice
Example: mushrooms and lean ham

You can choose any pizza toppings you like. Examples: chopped green pepper, onion, tomatoes, mushrooms, pineapple, cooked meat (beef, ham or chicken)

Directions:

1. Turn oven on to broil.
2. Flatten the pita bread and spread tomato sauce onto the pita.
3. Spread toppings onto the pita and sprinkle cheese on top.
4. Put the pita on a baking sheet and put it in the oven for about seven minutes until the cheese is melted.

From: <http://www.healthyalberta.com/recipes.htm>

Check out the "Strive for 5 at School" website. It is full of great healthy and delicious recipes for all seasons.

The recipes can be found at:
www.gov.ns.ca/hpp/publications/S45-Resource-Guide-Eng-Web.pdf