

EAT WELL ...for lunch!

1. Planning your lunch in advance is key to making healthy choices
2. Include a variety of foods from at least 3 of the 4 food groups from Canada's Food Guide
3. Use processed or prepared foods less often
4. Cut back on saturated fat & trans fats in the foods you choose

Healthy lunch choices include:

- Tuna & veggies on a whole wheat wrap or pita with shredded low fat cheese.
- Bean spread like hummus with mini whole wheat pitas & baby carrots
- Pizza (pineapple, ham & mushrooms), fruit filled cereal bar, chocolate milk, yogurt, blueberries
- Whole wheat couscous with cucumber, red pepper & white kidney beans with dressing



For more information:
352-7270
www.chatham-kent.ca/healthyliving

Tips

- Preparing a healthy lunch begins before you go to the grocery store. Having a plan will help you to purchase specific items that will be used for lunches for the week.
- At the beginning of the week cut carrots, celery, pineapple or melon & clean lettuce so it is easy to pack for those last minute lunches.
- Involve your children in their own lunch preparation & they will be more likely to eat & enjoy their meal.
- Look for products that are low in saturated fat & have zero grams of trans fats on the nutrition label.
- Reusable plastic containers allow you to pack berries & other items that may crush easily & it's good for the environment!

More healthy lunch choices:

- Low fat cottage cheese with fruit
- Whole wheat bagel with cottage cheese, bottle of water, fruit cup in juice, oatmeal cookies, & grapes
- Roasted chicken breast lunchmeat, low fat cheddar cheese, whole wheat crackers, 100% pure fruit juice, unsweetened apple sauce & chocolate pudding

*Minimize Risk!
Maximize Life!*

