



PRAIRIE MOUNTAIN HEALTH  
SANTÉ PRAIRIE MOUNTAIN

# Raise a Healthy Eater

September 2017 – Edition #4

## HEALTHY CHOICES ADD UP TO TASTY LUNCHES!

### Vegetables/fruits

Select 2 or more

**Examples:** apples, avocados, bananas, berries, broccoli, cabbage, carrots, cauliflower, corn, cucumbers, grapes, kiwis, lettuce, mangoes, melons, mushrooms, oranges, peaches, peas, pears, peppers, pineapple, plums, potatoes, spinach, tomatoes

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### Whole grain foods

Select 1 or more

**Examples:** bagels, bannock, biscuits, bread, buns, cereal, crackers, leftover pancakes or waffles, muffins, pita bread, rice cakes, salads or soups made with grains (barley, pasta, quinoa, rice), tortillas

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### Protein-rich foods

Select 1 or 2

**Examples:** beans, chickpeas, lentils, eggs, fish, chicken, beef, pork, cheese, yogurt

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### Something to drink

Water or milk are the best choices

## QUICK COLD LUNCH IDEAS

1. Cucumber slices, orange slices, chicken sandwich, water
2. Celery sticks, apple, crackers, cheese, water
3. Carrot sticks, banana, muffin, boiled egg, water
4. Coleslaw, pear, cheese sandwich, water
5. Cauliflower, fruit salad, cereal (e.g. Cheerios), yogurt, water
6. Applesauce, wrap or pita with lettuce, lean ham or turkey slices, and grated cheese, water
7. Green pepper slices, grapes (cut in half for young children), leftover pizza, water

## WHAT ABOUT SNACKS?

Help your child develop healthy snack habits from a very early age. Select a vegetable or fruit at every snack. In addition, select one item from another food group – either a grain product or a protein-rich food. About 20% of the time (1 out of every 5 snack times), include a sweet or extra food such as cookies or tortilla chips.

**For more healthy lunch and snack ideas, check out these websites:**

<http://www.gov.mb.ca/healthyliving/foodinchildcare/>  
<http://www.gov.mb.ca/healthyschools/foodinschools/>  
<http://www.eatrightontario.ca/en/default.aspx>

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For more information on healthy eating for young children:

- *Dial-a-Dietitian 1-877-830-2892*
- <http://www.caringforkids.cps.ca/>
- <http://www.gov.mb.ca/healthyliving/hlp/nutrition/children.html>