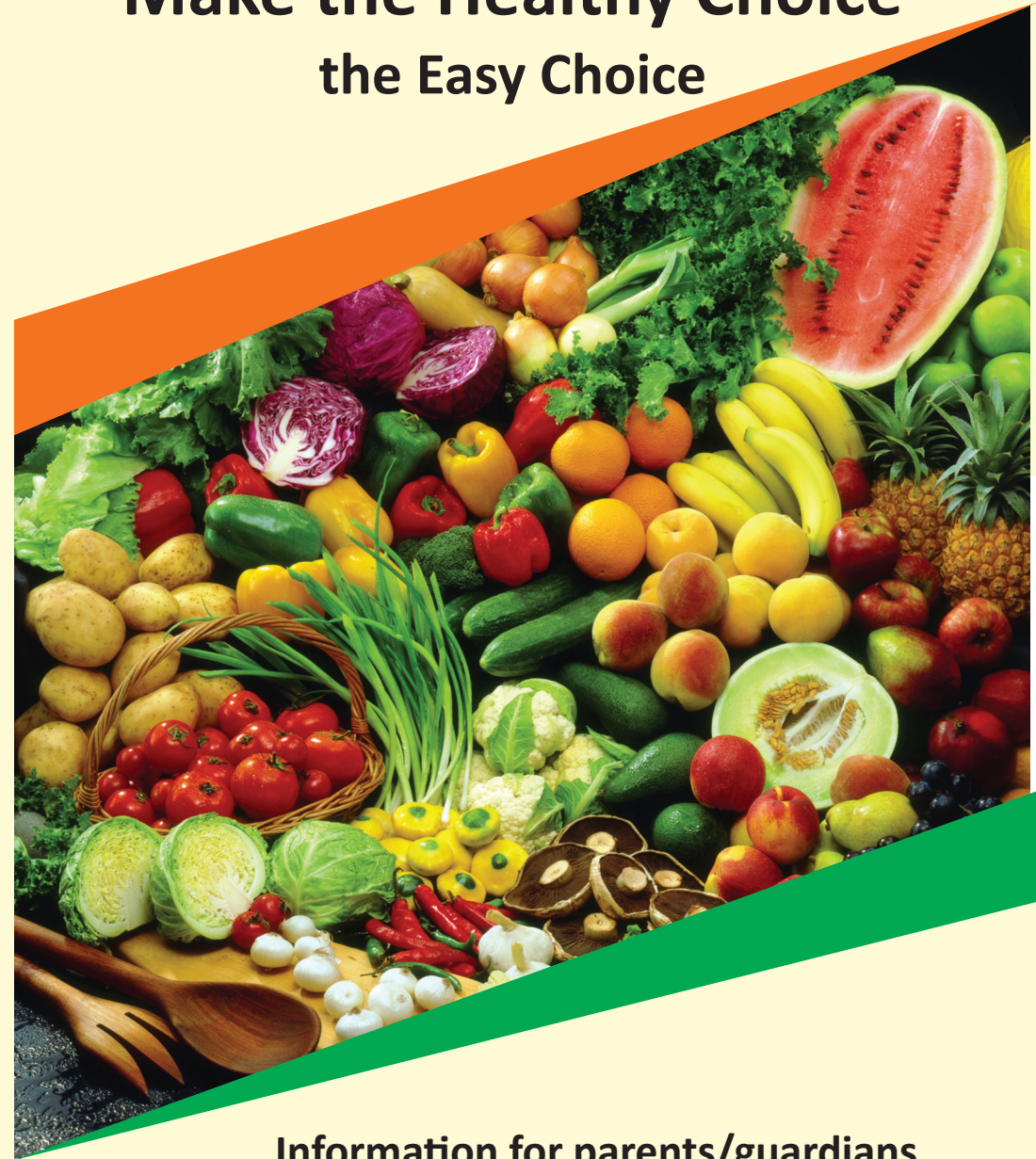


Make the Healthy Choice the Easy Choice



Winnipeg School Division
Prince Charles Education Resource Centre
1075 Wellington Ave.
Winnipeg, MB R3E 0J7
Phone: 204-788-0203

Information for parents/guardians



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The Winnipeg School Division would like to thank the registered dietitians at Dairy Farmers of Manitoba for sharing their expertise in supporting the creation of this resource

For additional Information

Websites/Services

- Dietitians of Canada website: www.dietitians.ca
recipe ideas, nutrition tips, fact sheets and healthy eating solutions.
- Eating Well with Canada's Food Guide
www.healthcanada.gc.ca/foodguide
- Articles & Resources/Grocery Shopping
www.healthyfamiliesbc.ca/home/articles/topic/grocery-shopping
- Healthy Schools
www.gov.mb.ca/healthyschools/topics
- To find a Registered Dietitian, check out the Dietitians of Canada website www.dietitians.ca/eatwell or call the Consulting Dietitians of Canada at 1-888-901-7776.
- Dial a Dietitian: 204-788-8248
A free telephone service that offers free nutrition advice and referral to a Registered Dietitian



Sources

Registered Dietitians, Dairy Farmers of Manitoba, Dietitians of Canada

Foods to Go

Introducing the Four Food Groups



**Vegetables
and Fruit**

**Grain
Products**

**Milk &
Alternatives**

**Meat &
Alternatives**

To learn more about eating well with Canada's Food Guide visit:
www.healthcanada.gc.ca/foodguide

Allergy Statement:

Many nutritious foods (e.g., peanuts, eggs, fish) can cause severe allergic reactions in some people.

If this is the case in your child's school, please do not send any foods containing these ingredients. Read labels carefully.

We thank you for your cooperation.

Winnipeg School Division has a Nutrition Policy (IGAEA), which can be found on the Division's website: www.winnipegsd.ca

Tips for healthy eating

- Parents/guardians are important role models for healthy eating.
- Talk with your children about the foods they take to school.
- Offer 2 healthy food choices for lunch or snacks and let children have some control/choice.
- Keep food familiar and then slowly add new foods, one at a time.
- Add a new food to an old favorite.
- Be sure there is at least one food the child likes at each meal.
- Offer new foods at the start of the meal when children are the most hungry.
- On average it takes a child 15 exposures to a new food before they will try it.
- Add pureed vegetables to soups and pasta sauces.
- Find out why your children like certain foods (e.g., taste, easily carried or eat with fingers/on the run).
- Children who eat home-prepared meals are more likely to eat more milk products, fruit, vegetables and fewer fried foods and soft drinks.
- Get your children to lend a hand making their own school lunches. Children are more likely to eat a meal they have helped to choose and prepare.
- Eating with other people is linked to healthier eating, improved academic performance and fewer behavioral issues.

Enjoy meals with family and friends

Tips for Busy People cont'd.

- Flip breakfast into supper. Serve french toast, scrambled eggs wrapped in a soft tortilla, soup or sandwiches for dinner.
- Fill your grocery cart with a variety of healthy foods.
- Shop from a list to resist extras while shopping.
- Eat before you shop! If you shop on an empty stomach you are more likely to buy foods that may be less healthy.
- Bodies need 6-8 cups of fluid each day. That can be easily met by consuming whole fruits and vegetables, milk, soup, juice and water.
- Snack foods such as soft drinks, chocolate bars, chips and pizza pops are fine once in a while, but not as a regular part of every meal.
- Convenience foods like pre-cut veggies or salads are an easy way to add more veggies to your day.
- Buy no name or generic brands.
- Use coupons wisely.
- Buy fruits and veggies in season to help reduce cost.
- Look for sale/bulk items.



Tips for Busy People

- Stock up on lunch box foods; a variety of breads (freeze them), seasonal fruits and vegetables, cheese, canned fish, peanut butter, eggs and canned fruit packed in juice.
- If time is running short in the morning, keep all the school lunch supplies together within easy reach or make lunch the night before.
- At the beginning of the week, prepare a large quantity of your child's favourite vegetables and store them in the fridge. Cook in large quantities and freeze individual servings of soup, spaghetti with meat sauce, etc. Pour into a thermos for a quick and easy hot lunch.
- Make use of leftovers for quick and easy lunches.
- Aim to include choices from all 4 food groups for meals.
- Make a sandwich with different breads (e.g., pita, English muffin, rye bread or tortillas).
- Children need snacks – aim to include foods from at least 2 of the 4 food groups from Canada's Food Guide while planning snacks.
- Serve raw veggies and dip for a snack, a fruit kebab for dessert.
- Serve yogurt and chocolate milk for a nutritious and delicious snack.
- Try adding grated carrot, grated cheese, raisins or sliced apple to a tuna fish sandwich.
- When cooking casseroles or rice, cook extra and freeze portions, to save you time and money.

Use the Nutrition Facts table on food products

This table provides information to help you choose healthier food.

Follow these 3 steps:

1. Look at the portion of food (e.g., per 9 crackers (23 g).

• Compare this to the amount of food you actually eat.

2. Read the percent % DV (daily value).

• The % DV helps you see if a specific amount of food has a little or a lot of a nutrient. 5% DV or less is a **LITTLE**. This applies to all nutrients. 15% DV or more is a **LOT**.

3. Make a better choice for you and focus only on a few nutrients.

Cracker A		Cracker B	
Nutrition Facts		Nutrition Facts	
Per 9 crackers (23 g)		Per 4 crackers (20 g)	
Amount	% Daily Value	Amount	% Daily Value
Calories 90		Calories 90	
Fat 4.5 g	7 %	Fat 2 g	3 %
Saturated 2.5 g + Trans 0 g	13 %	Saturated 0.3 g + Trans 0 g	2 %
Cholesterol 0 mg		Cholesterol 0 mg	
Sodium 280 mg	12 %	Sodium 90 mg	4 %
Carbohydrate 12 g	4 %	Carbohydrate 15 g	5 %
Fibre 1 g	4 %	Fibre 3 g	12 %
Sugars 0 g		Sugars 1 g	
Protein 3 g		Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %	Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %	Calcium 2 %	Iron 8 %

Here are some nutrients you may want:

MORE OF

- Fibre
- Vitamin A
- Calcium
- Iron

LESS OF

- Fat
- Sodium

How to compare items:

- Compare similar items; cereal to cereal, soup to soup.
- Compare the amounts of food; 9 crackers to 4 crackers.
- Read the %DV and choose.
- Limit foods that contain hydrogenated or partially hydrogenated ingredients. Read ingredient lists on food packages carefully.
- When you are cooking/preparing food choose vegetable oils, such as canola, olive and soybean.



Vegetables and Fruit

- Most children do not get enough fruit and vegetables.
- In addition to fresh, canned and frozen veggies and fruit are equally as nutritious.
- Choose canned fruit (cups, tinned) packed in water or 100% juice.
- Only items called **juice** are 100% fruit juice and the only choice included in Canada's Food Guide. Drinks, punches, beverages and cocktails are mostly sugar, water and flavor and are not included. Look for **juice** on the front of the package.

Dietitians of Canada recommends the following:

- If juice is included in the diet of a child age 1 to 6 years old, the daily amount should not be more than 4-6 ounces of 100% pure fruit juice per day. Fruit drink, beverage or cocktail are not recommended.
- Try to have whole vegetables and fruit more often than juice to get more fibre and feel fuller.
- It is important to have at least one **dark green** and one **orange** vegetable/fruit per day to support overall health. Examples:

Green beans	Carrots
Broccoli	Sweet potato/yam
Peas	Cantaloupe
Green pepper	Peach
Romaine lettuce	Nectarine

- Both organic and regularly farmed fruits and vegetables produce safe and healthy food.
- If looking for dried fruit and fruit snacks, choose items made only with fruit, fruit puree and juice without added sugar.

Quick and Easy Snacks and Ideas

Snacks are important for growing children.
Aim to include foods from at least 2 of the 4 food groups:

- Fruit salad/cup with plain Cheerios.
- Broccoli and yogurt dip (1/2 cup plain yogurt mixed with garlic powder and dill).
- 2 small oatmeal cookies with 1/2 cup crushed pineapple.
- Vegetable juice with whole grain crackers.
- Baked tortilla chips and salsa.
- Banana and animal or graham crackers.
- Mini pancakes with cottage cheese or pudding.
- Pita and hummus.
- Yogurt or yogurt tubes and a pear.

Quick and Easy Breakfast Ideas

Breakfast can be anything from any of the food groups.

Try:

- Leftover veggie or cheese pizza, rice with veggies, meat or tofu and juice.
- Dry cereal or trail mix stirred with yogurt and a piece of fruit and milk.
- Poached or boiled egg on an English muffin with milk.
- Pieces of cheese on a wholegrain bagel.
- Smoothie made with fresh fruit, milk and a granola bar or whole grain muffin.
- Grilled cheese on whole wheat bread, banana and juice.
- Waffle, pancake or multi-grain toast cut up in sticks and dipped in apple sauce.





What's for Lunch?

Aim for all 4 food groups in your lunch, including the beverage (e.g., milk, fruit or veggie juice).

Some Suggestions/Ideas:

- Wrap (tortilla or pita) with lettuce, peppers, cucumbers, grated carrot, chopped egg, beans or meat and milk.
- Pasta salad with peas, tuna, celery, chicken or grated cheese and water.
- Hummus spread on bread, bagel or bannock, or used as a dip with carrots, cucumbers or crackers, an apple and milk.
- Salad with Romaine lettuce, your favourite veggies, chickpeas, lentils, cubed cheese or chicken, ham, boiled egg or turkey with a roll and water.
- Leftovers, pizza, mini carrots, banana and milk.
- Soup or meat, veggie or turkey chili with crackers or a bagel and milk.
- Pasta and sauce with pureed veggies (broccoli) sprinkled with parmesan cheese and a glass of water.
- Homemade carrot muffin with some soy sunflower seed butter, a piece of cheese, an orange and juice.
- Egg salad sandwich on whole wheat bread with celery sticks, berries and milk.
- A healthy homemade Lunchable could include; whole grain crackers, hard cheese (e.g., cheddar or marble), baby carrots and cubed cooked meat in a re-sealable container and apple juice. "A healthy homemade Lunchable!"
- Ready made lunches like Lunchables, instant noodles and pizza pops are high in salt and fat and do not provide important vitamins and minerals.



Grain Products

Grain products are important sources of energy for our brain and muscles. Examples:

Pita	Rice
Quinoa	Tortillas
Pasta	Barley
Bannock	Cereal
Crackers	

- Look at the Nutrition Facts and chose items with more fibre or less fat.
- Try to make half of your grain choice **whole** grains.
- On the ingredient list, look for words **whole** or **whole grain**.
- Avoid bars with candy, chocolate bits or coating.

Milk and Alternatives

- Many children do not get enough milk and cheese or yogurt.
- Milk and alternatives (e.g., cheese and yogurt) are important for growth and development of bone and muscle.
- Only fortified soy beverage, goat milk and cow's milk are included in this food group.
- Choose lower fat milk (e.g., skim, 1%, 2%).
- Flavoured milk (e.g., chocolate/strawberry) has the same amount of calcium and other important vitamins and minerals found in white milk. The added sugar in 1 cup of flavoured milk has the same amount of sugar as found in half of a banana.
- Most store bought pudding cups do not count as a food group choice because they do not have added milk. Find one that has at least 10% DV calcium or make one yourself.
- Did you know cream cheese does not have enough calcium and protein to count as a milk or alternative choice?
- To make your own nutritious cream cheese:
Drain plain gelatin free yogurt in a paper towel lined colander overnight in fridge.
See <http://www.milk.mb.ca/recipes/home-made-cheese.asp> for details.



Meat and Alternatives

- Meat, fish, poultry, legumes, kidney beans, chickpeas and alternatives (e.g., eggs, tofu, pumpkin, sunflower and soy nuts) are great sources of iron and protein, needed to build strong healthy bodies.

Choose:

- Lower fat and lower sodium meats, especially when serving lunch meat, sausage and wieners.
- Lunch meats that are labeled lean or roasted.
- Fish twice per week (e.g., tuna, salmon).
- Beans, lentils and tofu more often.
- Canned beans and lentils are nutritious, easy to use and inexpensive.
- Tofu can be easily added to casseroles, stir fry and soup. It will take on the flavor of the dish.

