

Super Tips for Super Parents

Get to know the new Canada's Food Guide!

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



A healthy balanced meal has ...

- Plenty of vegetables and fruits
- Protein foods that come from plants more often
- Whole grain foods
- Water as your drink of choice
- Limited highly processed foods

From Canada's Food Guide snapshot and available at [food-guide.canada.ca/en/food-guide-snapshot/](https://www.food-guide.canada.ca/en/food-guide-snapshot/)

What's for lunch?

- Choose foods from all food groupings (fruits & vegetables, whole grains, and protein). Choosing a variety of foods will give you vitamins and minerals that your body needs.
- Your child will be more excited to eat their lunch if they know what's in it. Get your child involved and have them help plan, grocery shop and pack their own lunch the night before.
- Invest in a thermos, cold pack, or insulated lunch bag to keep food safe and warm/cold.

Tip: For cold foods (drinks, yogurt), chill the insulated container with cold water or keep in the fridge overnight with the lid off. Empty before adding cold food and close tightly.

Tip: For hot foods (chili, soups), pour hot water into the insulated container for a few minutes to heat. Empty before adding very hot food and close tightly.

- Use a container with separate compartments like this to help ensure your child's lunch is balanced. This also makes preparing lunch fun!

Information provided by:

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To order: patienteduc.fraserhealth.ca

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Vegetarian Protein Sources

- Tofu
- Beans
- Lentils/Daal
- Chickpeas
- Soybean
- Soy group meat and burgers
- Edamame
- No-nut or seed butter

Tips on how to sneak in vegetables

- Puree vegetables and mix with pizza sauce when making home-made pizza or have cut up veggies on the side if children want cheese pizza
- Blend vegetables, such as spinach, carrots, or cucumbers in a fruit smoothie
- Add vegetables in meals you wouldn't naturally ie. noodles, mac and cheese, grilled cheese sandwich
- Grate vegetables such as carrots, cucumbers, zucchini instead of chopping them
- Use spinach instead of ice berg lettuce as it provides greater nutritional value

Examples of healthy balanced meals

Lunch #1

Black bean, cheese, and spinach filled quesadilla with some salsa/sour cream on the side, orange or any other type of fruit



Lunch #2

Tofu stirfry and a fruit cup (packed in water preferably)



Lunch #3

Homemade pizza slices, greek yogurt topped with berries



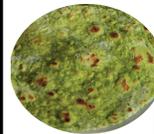
Lunch #4

Rajma and chaal, cut up veggies (cucumber, green pepper, celery sticks) with hummus dip



Lunch #5

Parantha or misi roti made with spinach, dal, dhai, and carrot sticks



pick **one** of these snack options and pair them with a lunch option!

Examples of healthy snacks

- Vegetables with or without dip
- Plain air-popped popcorn
- Roasted masala chickpeas
- Yogurt parfait
- Guacamole and whole wheat tortilla or pita chips
- Applesauce cup
- Fruit cup (packed in water preferably)
- Whole wheat crackers and cheese