

*Breakfasts + Snacks + Lunches*

***A Practical***  
*and User-Friendly*  
***Guide !***





Sandwich.



Well equipped for lunches.

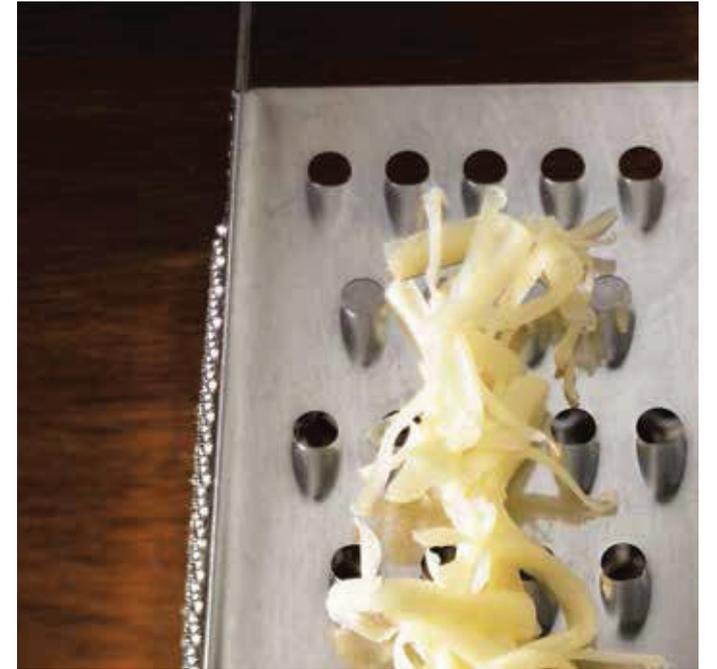


# Introduction

How can we get children to eat breakfast? What nutritious snack ideas can we dream up? What can we possibly pack for lunch? As dietitians, we ask ourselves these same questions.

As foodies who are convinced of the benefits of healthy eating, we have developed this **Practical and User-Friendly Guide** to share some of our tips to help you plan and prepare breakfasts, snacks and lunches.

As reflected in the title, this guide is meant to be practical and user-friendly. Try some of our tempting recipes right away or take your time to read through this useful guide. Either way, you'll soon realize that the information, advice and recipes have been compiled with one goal in mind: to make your life easier!



## Table of Contents

Breakfasts.....	p. 4
Snacks .....	p. 11
Packed Lunches.....	p. 16



## Enjoy!

The team of registered dietitians  
at Dairy Farmers of Canada 😊

All dressed.



Nice and crunchy!



Morning feast.



# Breakfasts

## Fuelling up for the Day

The ever popular “Mom, I’m hungry!” is rarely heard at breakfast. Just like adults who may leave for work on an empty stomach, children who are rushed to get dressed and ready for school can sometimes turn their noses up at the first meal of the day. Here are a few ideas that can help make breakfast a morning must.

## Breakfast Is Ready!

Our bodies function through the night thanks to their energy reserves. When we wake up, we need to break the “fast” by eating “break-fast” so that our reserves can be refuelled with carbohydrates (sugars), protein and fats. These three important nutrients help rev us up, give us energy to think and allow us to be active. Make this energizing trio part of your first meal of the day by choosing foods from at least three of the four food groups in Canada’s Food Guide.

## Rise and Shine with the Four Food Groups

- Milk and Alternatives and Meat and Alternatives provide protein. Protein helps maintain energy levels and satisfies hunger until the next meal.
- Vegetables and Fruit and Grain Products provide carbohydrates. Carbohydrates provide the body with energy and are the brain’s main source of fuel. In a sense, we can call foods that provide carbohydrates good-mood foods!

### One serving is...

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<ul style="list-style-type: none"> <li>• 1 piece of fresh fruit</li> <li>• 125 mL (½ cup) fresh, frozen or canned fruit or vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• ½ bagel, pita or tortilla</li> <li>• 175 mL (¾ cup) hot cereal (oatmeal or cream of wheat)</li> <li>• 30 g cold cereal</li> </ul>	<ul style="list-style-type: none"> <li>• 250 mL (1 cup) milk or chocolate milk</li> <li>• 175 g (¾ cup) yogurt</li> <li>• 50 g (1½ oz) cheese</li> <li>• 250 mL (1 cup) of fortified soy beverage</li> </ul>	<ul style="list-style-type: none"> <li>• 2 eggs</li> <li>• 30 mL (2 Tbsp) peanut butter or nut butter</li> <li>• 60 mL (¾ cup) nuts or seeds</li> <li>• 150 g or 175 mL (¼ cup) of tofu</li> </ul>

## Help Break the Fast with Fresh, Canned or Frozen Fruit

Fruit and breakfast – now there is a combination sure to be a hit! Increase your fruit intake by adding fresh fruit to cereal, putting sliced bananas on toast with peanut butter, enjoying your eggs with a colourful fruit salad or whipping up a smoothie by adding frozen fruit to milk and yogurt.

## Morning Jump Start

If you are pressed for time or simply not hungry for breakfast in the morning, a good strategy is to split breakfast into two smaller meals or snacks. Children and adults alike need to refuel to help them better concentrate at school, at work or at home. So instead of starting the day off on an empty stomach, try eating something light when you wake up and then complete the meal a little later in the morning. Here are a few ideas to get you started:

Start with...	Finish with...
A glass of milk and a few roasted almonds	A homemade bran muffin and fresh grapes
A small bowl of fresh fruit and cheese	A boiled egg and two slices of fresh bread, to go
An orange and a handful of nuts	A drinkable yogurt and some whole-grain cereal
Some yogurt	A whole-grain bagel with peanut butter or topped with a slice of cheese
Cheddar cheese cubes	A banana wrapped in a whole-wheat tortilla spread with almond butter

## Kicking Your Taste Buds into Gear

A little variety helps to stimulate the appetites of even the most selective eaters, so why not use your imagination and reinvent morning classics? It is easier than ever today to swap traditional toast for a whole-wheat English muffin, cranberry bread, nut and raisin loaf or a multigrain ciabatta roll. Team it up with milk, yogurt or cheese and fresh pineapple slices, grapes or a few grapefruit sections. Voilà – breakfast is served!



### **Pressed for Time and Money?**

We have all been tempted by mouth-watering cafeteria pastries and restaurant takeout breakfasts. Let's face it: these options are quick and appealing. Unfortunately these foods, which are most often nutrient-poor, maintain our energy levels for only a short period of time. These foods also tend to be more expensive – they can cost up to five times more than homemade products.

In need of a quick morning bite? Bake a double or triple batch of your favourite homemade muffin recipe and keep them in the freezer in a tightly sealed plastic bag for up to a month. You can easily create a variety of flavours by using the same muffin batter and adding one of the following combinations: fresh raspberries and lemon zest; apple, cinnamon and ginger; grated zucchini and walnuts; etc.

Smoothies are another fast and nutritious breakfast option. In addition to providing good nutrition, they help hydrate and can be made in a flash! All you have to do is mix milk, fruit and yogurt in a blender – it's as easy as that! You can always switch it up a bit by choosing different fruits and flavours of milk. For a complete breakfast, add whole oat flakes or bran cereal, peanut butter or a pasteurized liquid egg product to your smoothie. To get you started, here are a few ingredient combinations you can add to yogurt:

- Fresh peaches and strawberries + plain milk
- Fresh bananas and frozen blueberries + chocolate milk
- Pineapple and melon + strawberry-flavoured milk

### **Breakfast – A Meal Worth Its Weight in Gold**

Be wary of nutrition myths: skipping breakfast does not help people lose weight. In fact, people who skip breakfast have more difficulty managing their weight. In addition to feeling hungry between meals, those who skip breakfast are more easily tempted throughout the morning by pastries or other less nutritious food choices.

### **Three Tips to Increase Your Morning Appetite**

1. Avoid late-night snacking.
2. Get up a little earlier.
3. Take a shower to help you wake up.

### **16 Essential Nutrients**

Packed with 16 essential nutrients and composed of 85% water, milk is a thirst-quenching nutritional powerhouse. It can be used in many different ways to create variety at breakfast time. For example, you can add milk to cereal, use it to make a cup of homemade hot chocolate or a café au lait, or simply drink it as is with your slice of toast. You can even warm some up and use it to make a delicious bowl of oatmeal.

Nourishing and  
thirst-quenching



In need of inspiration?  
Here are a few quick recipe  
ideas sure to liven up your  
breakfast!



## All-Dressed Bagel Halves

Preparation time: 5 minutes

Cooking time: 5 minutes

Wait time: None

Yield: 4 servings

### Ingredients

- 2 bagels, sliced in half
- Butter, to taste
- 2 apples, unpeeled, washed and cut into thin slices
- 2 mL (½ tsp) ground cinnamon
- 250 mL (1 cup) grated Cheddar cheese

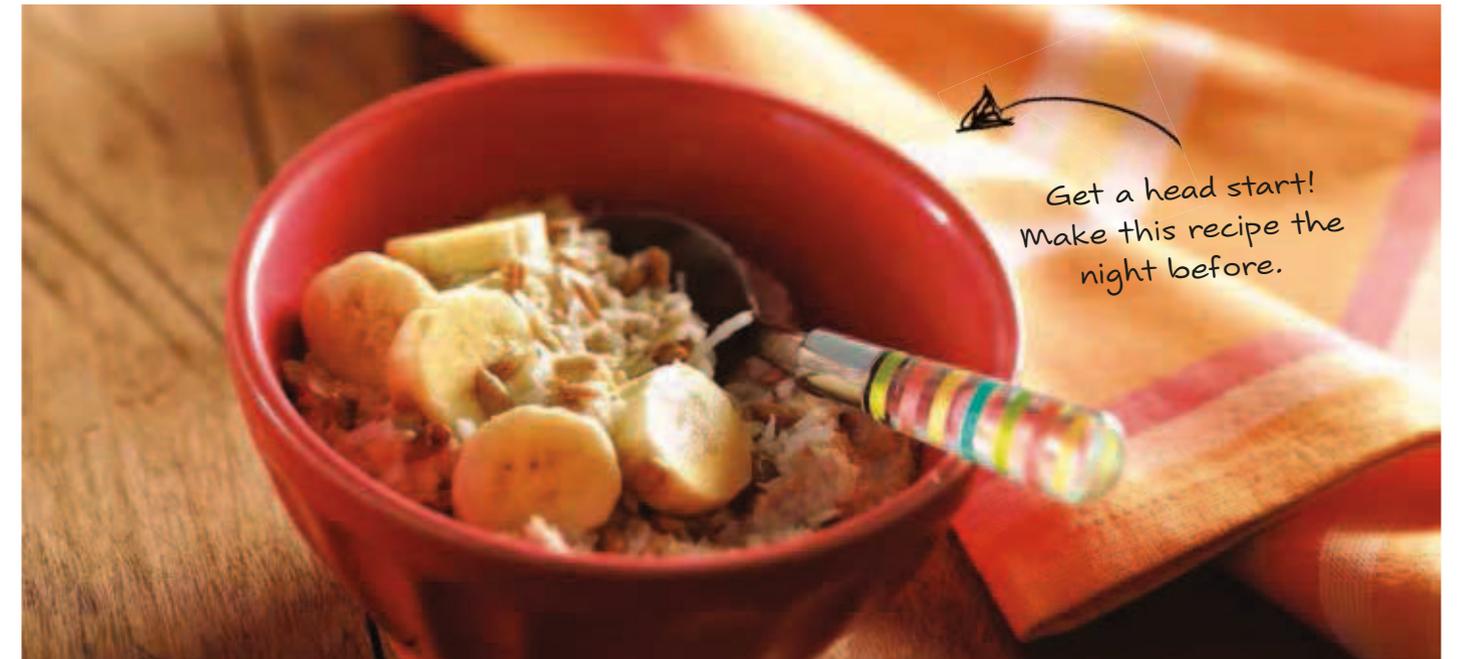
### Preparation

1. Preheat oven to 450°F (220°C).
2. Butter each bagel half and place halves on the cookie sheet.\*
3. Garnish bagels with sliced apples, sprinkle with cinnamon and top with grated Cheddar cheese.\*
4. Bake in oven for approximately 5 minutes or until cheese is melted and lightly browned.

**Variations:** You can vary the type of bagel (cinnamon raisin, multigrain or sesame seed), the cheese (Oka, Swiss, Gouda or Brie), and even the fruit garnish (fresh strawberries, pears or peaches).

To get the nutritional information for this recipe,  
visit [dairygoodness.ca](http://dairygoodness.ca).

\*Children can help with this step.



## Coconutty-Banana Muesli

Preparation time: 10 minutes

Cooking time: None

Wait time: 12 hours

Yield: 4 servings

### Ingredients

- 500 mL (2 cups) whole oat flakes
- 375 mL (1½ cups) milk
- 375 mL (1½ cups) vanilla yogurt
- 1 mL (¼ tsp) ground cinnamon
- 125 mL (½ cup) shredded, unsweetened coconut
- 2 bananas, sliced
- 60 mL (¼ cup) unsalted sunflower seeds

### Preparation

1. In a large bowl, combine oat flakes, milk, yogurt, cinnamon and coconut.\*
2. Cover and refrigerate for 12 hours or overnight.
3. Add bananas and sunflower seeds. Mix well.\*

**Variations:** Instead of bananas, add diced apples, fresh raspberries, sliced peaches or even dried fruit such as apricots or cranberries.

\*Children can help with this step.

To get the nutritional information for this recipe,  
visit [dairygoodness.ca](http://dairygoodness.ca).

Get a head start!

Use leftover omelettes from the weekend or cook your eggs the night before.



# Breakfast Burrito

Preparation time: 5 minutes

Cooking time: 5 minutes

Wait time: None

Yield: 4 servings

## Ingredients

- 4 eggs
- 125 mL (½ cup) milk
- 1 red bell pepper, diced
- 15 mL (1 Tbsp) butter
- 4 small whole-wheat tortillas
- Black pepper, to taste
- 250 mL (1 cup) grated Mozzarella cheese

## Preparation

1. Beat eggs with milk. Add red bell pepper to egg mixture and stir well. Set aside.\*
2. Melt butter in a skillet. Add the egg mixture and cook 3 to 5 minutes or until eggs are cooked, stirring occasionally.
3. Divide the egg mixture into four equal parts onto the tortillas.
4. Season with black pepper, if desired.
5. Sprinkle with Mozzarella cheese, roll up and enjoy.

**Variations:** Switch it up by adding diced zucchini, sliced mushrooms, asparagus stalks, broccoli florets, pieces of ham, cherry tomatoes, etc.

\*Children can help with this step.

To get the nutritional information for this recipe, visit [dairygoodness.ca](http://dairygoodness.ca).

# Snacks

## A Burst of Energy Between Meals

At any age, having one to three snacks a day allows our bodies to become better attuned to the signals of hunger and satiety. In fact, a nutritious snack eaten midway between meals reduces hunger pangs between and even during meals. During meals? Yes indeed! Regular snacking prevents us from getting too hungry between meals so we can eat slowly and better identify our stopping point. Snacks also provide us with energy to maintain concentration between meals, whether at school, at work or at home.

## More Staying Power

To maintain energy levels, snacks should include at least one food or beverage from Canada's Food Guide. Examples of wholesome snacks include:

- Fruit
- Veggies
- A glass of milk
- Yogurt
- A homemade cereal bar

Combining two food groups makes for an even more nourishing snack as this can provide both carbohydrates and protein.

## Turning up the Heat

Have you heard of UHT milk? UHT stands for "ultra-high temperature." UHT milk has been heated to a very high temperature for a few seconds. As a result, once it is packaged, it can be safely kept at room temperature for several months. This is why we typically find UHT milk products on grocery store shelves rather than in the refrigerated section. Besides having the same nutrient value as regular milk, UHT milk is also very practical. Single-serving containers can easily be carried in a backpack, lunch box or even a purse. Just make sure that once the container is opened, it is refrigerated and consumed within a few days.



## Snacking Made Easy

Main sources of carbohydrates (Vegetables and Fruit and Grain Products)	+	Main sources of protein (Milk and Alternatives and Meat and Alternatives)
Peach or pear slices	+	Cottage cheese or plain almonds
Whole-wheat pita bread, cut into wedges	+	Hummus
Baby carrots, cauliflower and broccoli florets	+	Super-Duper Dip (recipe on page 13)
Whole-grain cereal	+	Milk
Apple slices	+	Peanut butter as a dip
Whole-grain crackers	+	Cheese cubes
Fresh or frozen raspberries	+	Drinkable yogurt
Homemade bran muffin	+	White or chocolate milk
Sliced banana	+	Homemade pudding or tapioca made with milk
Dried fruit	+	Nuts and seeds (sunflower, pumpkin)

### The Obvious Choice

Did you know that the majority of Canadians in all age groups do not consume enough milk products, vegetables or fruit? Snack time is an excellent opportunity to increase your consumption of Vegetables and Fruit and Milk and Alternatives. Combining foods from these two food groups makes for a nourishing snack as it provides a source of both carbohydrates and protein.

### Two for One

Chocolate milk contains the same 16 nutrients as white milk. It supplies both protein and carbohydrates (sugars). Did you know that one cup of chocolate milk contains the same amount of sugar as one cup of 100% pure unsweetened apple juice? A single-serving carton of chocolate milk can therefore make a delicious grab-and-go snack!



## Super-Duper Dip

Preparation time: 5 to 7 minutes

Cooking time: None

Wait time: None

Yield: 4 servings

### Ingredients

- 125 mL (½ cup) sour cream
- 125 mL (½ cup) plain yogurt
- 15 mL (1 Tbsp) Dijon mustard
- 30 mL (2 Tbsp) sweet basil or sundried tomato pesto
- 2 cloves of garlic, minced
- 2 mL (½ tsp) dried thyme
- Black pepper, to taste

### Preparation

1. In a large bowl, combine all ingredients and mix well using a spatula or a whisk.\*
  2. Pour dip into individual containers and serve with raw veggies.
- Variations:** Like things a little spicier? Add minced roasted red peppers and a hint of hot sauce or add a few hot pepper flakes.

\*Children can help with this step.

To get the nutritional information for this recipe, visit [dairygoodness.ca](http://dairygoodness.ca).

### A "Sticky" Matter for Healthy Teeth

Sticky, sugary and acidic foods increase the risk of tooth decay and erosion. These foods fuel bacteria in the mouth responsible for tooth decay. Sugar is the key ingredient bacteria need to promote cavity formation. When choosing a tooth-friendly snack, consider the following:

1. Cakes, candy, chocolate bars, fruit leathers and other sweets should only be eaten occasionally because of their high sugar content.
2. Fruit bars, dried fruit, granola bars and even 100% pure fruit juice should be chosen only occasionally, as they are sticky, acidic or sugary.
3. Fresh vegetables and fruit, canned fruit (preserved in its own juice), fruit purées with no added sugar, plain popcorn, firm cheese, yogurt, milk, nuts or seeds, and peanut butter are all winners when it comes to dental health. While some of these foods can help reduce mouth acidity, others contain little sugar or do not stick to your teeth very much. This leaves bacteria little chance to create cavities!

### Your Smile's Best Friends

Did you know that milk products promote healthy teeth? The calcium, phosphorus, protein and fat they contain work together to protect teeth from tooth decay. A piece of firm cheese or a glass of milk therefore makes for a brilliant snack choice!



### For Busy Families

Between hockey, soccer and ballet lessons, families might not have the time to eat a complete meal. Here are a few ideas for snacks you can give to kids before an activity to help them perform at their best:

1. Muesli topped with yogurt and thawed frozen fruit.
2. Whole-grain crackers and Cheddar cheese cubes.
3. A bowl of cereal with milk and fresh fruit.
4. Half of a cheese, tuna, chicken or egg sandwich with a piece of fresh fruit.
5. A homemade cereal bar or muffin with a glass of milk.

### Love Granola Bars?

Although they easily slip into a briefcase, purse or backpack, some commercial granola bars are more like candy than a nutritious snack. To help you make the healthiest choice, check out the ingredient list. Choose a bar that contains the fewest ingredients and one that has whole grains listed as the first ingredient, or opt for a homemade bar.



# Packed Lunches

## Has Packing Lunches Become a Daunting Task?

Nowadays, packing a school lunch that children will enjoy eating and that meets school nutrition requirements can seem like an impossible feat. But don't despair! Check out the tips and recipe ideas listed below and get on your way to making lunch preparation an easier and more enjoyable task!

## Go Team Go!

Make packing lunches a family affair. Here are a few simple ideas to motivate your family to participate:

1. Stock up on all of the essentials: reusable food and beverage containers, cutlery, ice packs, insulated containers (like a Thermos®) for hot meals, etc.
2. Designate a special section in the kitchen with everything needed for lunch preparation. If family members know where everything is, making lunch will be a breeze!
3. Just like real chefs do, assign tasks. The youngest child can be in charge of snacks, the eldest can pour milk into containers, another child can prepare portions of veggie sticks, etc.
4. Let younger children choose a lunch bag or box they like. They will enjoy taking it to school to show their friends.

## Time Is Money

Not many people jump for joy when it's time to make lunches. However, with these time-saving tips, making lunches can become a bit more manageable:

1. Plan ahead. When writing your grocery list, make sure to include all the nutritious foods and beverages you will need to pack lunches.
2. Plan for leftovers as they make great lunches that need little prep time. You can also freeze leftovers for use later in the month.
3. Try cooking on the weekend. It is less stressful than cooking on weekday evenings when everyone in the family is busy.
4. Get your children involved in lunch preparation. Not only will you be spending quality family time together, it will also let you save time and help your children become more self-sufficient!



### Safety Comes First

If precautions are not taken to ensure proper hygiene and food handling, certain foods – even nutritious foods – can become dangerous to our health. To avoid any viral or bacterial contamination:

1. Wash your hands with hot, soapy water before preparing meals and snacks.
2. Even if you plan on peeling vegetables or fruit, always wash them under running water. Vegetables and fruit with firm skin can be scrubbed with a brush reserved for this purpose.
3. Choose reusable lunch boxes instead of disposable bags. Not only are they better for the environment, they are better designed to protect food and preserve freshness.
4. Keep cold foods cold by using an ice pack. All perishable foods (e.g., meat, poultry, seafood, eggs, mayonnaise, milk products) that remain in the lunch box after the meal should be thrown out. Ice packs are effective only for a few hours – not for the whole day.
5. Keep hot foods hot (above 60°C) by using an insulated container. The insulated container should be rinsed out with boiling water before it is filled with hot food to better conserve heat.
6. Clean lunch boxes regularly using a damp, soapy cloth.

### Time- and Money-Saving Tip

Set aside some time to pre-wash and cut vegetables and fruit for a few meals in advance: peel and wash carrots, wash lettuce, cut watermelon into cubes, etc. Choosing seasonal vegetables and fruit can also help reduce your grocery bill. For example, choose berries, peaches and nectarines in the summer; squash and apples in the fall; and oranges in the winter.

### The Fab Four

Including at least one food from each of the four food groups in Canada's Food Guide helps to maintain energy levels and allows us to savour a variety of nutritious foods.

#### > Vegetables and Fruit

Presenting an assortment of vegetables and fruit in a variety of ways will encourage the whole family to eat these nutritious foods. To change things up a bit, opt for grape tomatoes, peaches, snow peas, purple cauliflower florets or blackberries.

Looking to jazz things up? Try pairing vegetables or fruit with a nutritious dip made of yogurt or cheese. Even the most selective eaters won't be able to resist dipping!

#### » Everybody Can Benefit from Eating Vegetables and Fruit

Feeling hungry? Choose foods from the Vegetables and Fruit group in Canada's Food Guide. Depending on your age, here's what the food guide recommends:

Age	Recommended number of servings
2-3 years	4 servings a day
4-8 years	5 servings a day
9-13 years	6 servings a day
14-18 years	7 servings a day (for girls) 8 servings a day (for boys)
19-50 years	7-8 servings a day (for women) 8-10 servings a day (for men)
51 years +	7 servings a day

**Do you want to know what a serving of Vegetables and Fruit is? Check out the "One serving is..." chart on page 4 of the Breakfast section!**

### > Grain Products

When choosing Grain Products, go for the whole package – whole grains that is! In addition to being delicious, whole-grain products such as whole-wheat pasta, brown rice, quinoa, hulled barley and whole-wheat couscous are more nutritious and add variety to our meals. If you are not yet used to the taste of whole-wheat pasta, try gradually incorporating it into your diet by mixing whole-wheat and white pasta together. Combine whole-wheat pasta with flavourful vegetables (broccoli, sundried tomatoes, roasted red peppers) or with sharp cheese (Parmesan or Old Cheddar) and you've got a match made in heaven! You can also alternate by using tomato-based sauces with your whole-wheat pasta and dressing your white pasta with creamy or rosé sauces.

Make your lunches exciting by varying the types of bread you choose. Browse the bakery section in the grocery store to discover a multitude of choices you can use to replace ordinary sliced bread. Whole-wheat pita, naan, flaxseed or olive bread and herb ciabatta are examples.

### Time- and Money-Saving Tip

When breads go on sale, don't shy away from buying a larger quantity and variety of them and freezing them. Great examples include bagels, tortillas and baguettes. When the time comes to make lunch, your family will have lots to choose from, just like at the sandwich counter!



› **Milk and Alternatives**

Milk and Alternatives are jam-packed with vitamins and minerals. Milk contains 16 nutrients, including calcium and vitamin D, which notably contribute to healthy bones and teeth. When adding a drinkable yogurt, a carton of milk or cheese cubes to your lunch box, you automatically boost the overall nutritional value of your lunch without any extra cooking.

» **How Many Servings Again?**

Canada's Food Guide recommends that to fully benefit from all the nutrients in the Milk and Alternatives food group, we need to consume the following number of servings every day:

Age	Recommended number of servings
2-8 years	2 servings a day
9-18 years	3-4 servings a day
19-50 years	2 servings a day
51 years +	3 servings a day

**Do you want to know what a serving of Milk and Alternatives is? Check out the "One serving is..." chart on page 4 of the Breakfast section!**

**Time- and Money-Saving Tip**

Grate a large quantity of cheese and keep it handy in a bag in the freezer. Defrost the cheese in the refrigerator and you have an instant garnish for pasta dishes, homemade pizzas and even salads.

› **Meat and Alternatives**

Cold cuts and luncheon meats (bologna, smoked turkey, ham, chicken loaf) should be eaten only occasionally as they are typically high in sodium and also often high in fat. Though these products offer a quick and easy solution, they usually cost more than other sources of protein.

Here are a few healthier protein substitutes: tuna, egg or chicken salad; slices of roast pork or beef; tofu spreads or hummus; nut butter and seeds.

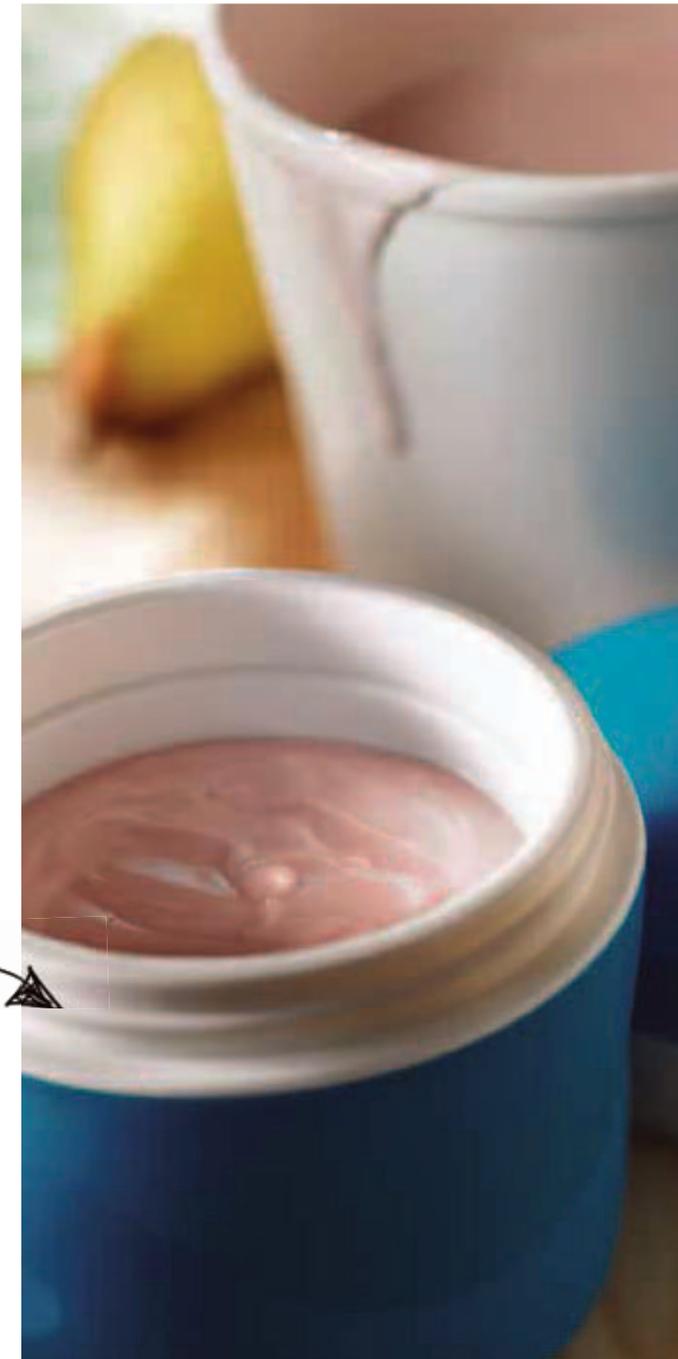
**Time- and Money-Saving Tip**

Cooking a whole chicken in advance can be a huge time saver. Once deboned, its versatility is endless. Add some to a bed of pasta or a vegetable stir-fry; leftover chicken makes for a great sandwich too! Yummy!

Waste no meat! Boil chicken or other meat bones in water to make a delicious broth that can be used as a soup base.

Canned legumes win hands down for being quick and economical. Rinse them under cold water and add to salads or soups.

Practical... and eco-friendly



**Fresh Fruit vs. Fruit Juice – Is One Better than the Other?**

Fresh fruit is a cut above! It contains more fibre than fruit juice and fibre actually helps us feel fuller longer. Because juices are also more acidic, they contribute to dental erosion. This in turn weakens teeth and makes them more susceptible to cavities. It is recommended that children of all ages, including teenagers, limit their consumption of 100% pure juice to no more than 125 to 175 mL per day, and choose fresh fruit instead.

Pay particular attention to the words *punch*, *cocktail* or *drink* on the packages, because they indicate that the products contain added sugar. These beverages are not part of the Vegetables and Fruit group!

**Keep in mind**

Did you know that a typical 100 g single-serving container of yogurt is not a full serving of Milk and Alternatives according to *Canada's Food Guide*? A serving is actually 175 g. Here is an easy solution for lunches: opt for reusable containers, and serve the amount you want!

## Tantalizing Lunch Makeovers

Sandwiches and salads often dominate the lunchtime landscape. Fortunately, revving up your appetite is very easy when you vary ingredients by simply using foods from the four food groups! Invite your children to join you in your sandwich and salad makeover. Mini-chefs will be delighted to add their own personal touch!

Kids' faves!

	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Add this...	Mini-Chef's special touch
Inspiring sandwiches	Leaf lettuce and minced green onion	Whole-wheat tortilla	Grated Cheddar cheese	Pieces of cooked chicken	Mashed avocado	Mexican salsa to taste
	Leftover stir-fried onion and mushroom slices cooked the night before	Herb ciabatta	Slice of Swiss cheese	Roast beef slices	Sour cream, Dijon mustard and freshly ground pepper to taste	Grated zucchini to taste
	Grated carrot and cucumber slices	Whole-wheat sub bun	Plain yogurt	Canned tuna	Dried or fresh dill	Baby spinach leaves
Yummy crunchy salads	Fresh broccoli florets, diced red bell pepper, black olives and sliced red onion	Bulgur (cracked wheat)	Crumbled Feta cheese	Nuts or pieces of cooked chicken	A salad dressing made with olive oil and lemon juice, seasoned with pepper and dried thyme*	Omit the bulgur and invite children to eat this salad on pita or naan
	Tomato cut in quarters, canned artichoke hearts, diced orange bell pepper and chopped green onion	Whole-wheat penne	Cubes of Gouda cheese	Hard-boiled egg	Pesto, balsamic or red wine vinegar and freshly ground pepper	Invite children to choose their favourite pasta (bows, macaroni, fusilli, etc.)
	Diced apple, raisins, chopped green beans and chopped celery	Quinoa or couscous	Brie cheese, sliced, on the side	Canned lentils	A vinaigrette made with olive oil, cider vinegar and garlic powder*	Finish off with a splash of apple juice and a drizzle of maple syrup

\*For a well-balanced dressing, use one part vinegar or lemon juice to three parts olive oil, then adjust according to taste.

## For a Truly Complete Meal

Even if your sandwich or salad contains foods from all the food groups in *Canada's Food Guide*, some food groups may be under-represented. Here are a few add-ons you can include to complete your meal:

- 125 mL (½ cup) of fresh blueberries or broccoli florets, 2 clementines, 1 small pear or 1 small bell pepper cut in strips.
- 175 g of yogurt, 50 g (1½ oz) of cheese or 250 mL (1 cup) of milk.

If you are not hungry enough to eat all of your lunch, consider taking smaller servings the next day or saving some food for your snack. Choose vegetables, fruit and milk products to curb your appetite. These foods are often under-consumed but provide vitamins and minerals essential for good health. They also provide fibre and protein, which help to satisfy hunger!

## Go Green!

Did you know that the average person packs about 200 lunches per year? Every little bit you do for the environment counts! To reduce waste and save money, avoid using disposable packaging. Instead, choose sturdy, eco-friendly reusable plastic containers that are stamped with the recycling symbol.

Herb ciabatta bread





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