Making the Move to Healthy Choices

A HEALTHY EATING TOOLKIT
for Recreation, Sport and Community
FOOD SERVICE PROVIDERS

Eat Great and Participate

Acknowledgements

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Reviewers

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SECTION 1

Introduction

Purpose

Everyone at all ages needs to eat healthy to perform at his or her best whether it's for leisure and recreation activities or for competitive sports. The goal of the *Making the Move to Healthy Choices* toolkit is to make it easier for recreation, sport and community food service providers to provide more healthy food and beverage choices in their facilities and at events. By offering healthy choices in these settings we encourage and create opportunities for people to eat healthy.

The *Making the Move to Healthy Choices* toolkit has been developed through the Eat Great and Participate program and is intended for food service providers in recreation, sport and community facility concessions, canteens, snack bars and special events. In some cases, recommendations may apply to vending machines. It also includes strategies for marketing healthy choices, food safety considerations and easy to prepare healthy recipes.

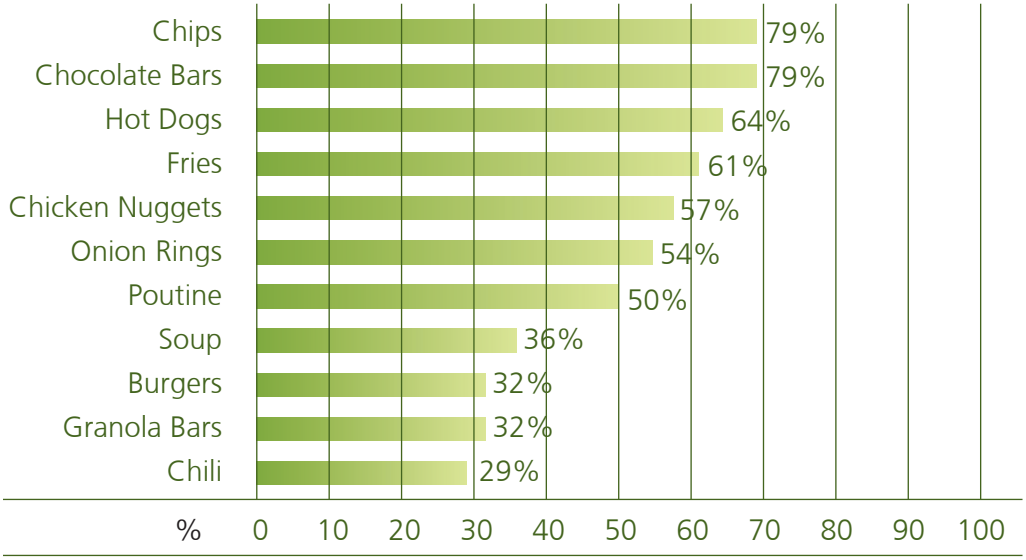
Some of the facilities and events that we hope will use this toolkit to increase the healthy food and beverage choices they serve include:

- Arenas
- Youth Centres
- Outdoor Sports Fields
- Recreation Centres
- Community Centres
- Outdoor and Indoor Pools
- Bowling Alleys
- Community Special Events
- Curling Rinks
- Regional and Provincial Games
- Festivals

Adopting healthy behaviors early in life is important for good health. Recreation, sport and community settings provide a place for community members of all ages to come together to enjoy being physically active. It makes sense to also promote healthy eating in these settings.

In 2010, a provincial survey of Food, Beverages and Food Service Equipment in Recreation Facilities in Newfoundland and Labrador showed that most recreation food service providers offer primarily unhealthy food choices. Based on a sample of 35 facilities, the top four food choices were chips, chocolate bars, hot dogs and fries.

Most commonly available food choices served in Newfoundland and Labrador recreation facilities, 2010 survey.



SECTION 2

Taking Steps to Offering Healthy Choices

Changing the types of food and beverages offered in a facility's concession, canteen, snack bar, at events and in vending machines can be more successful with a planned approach. Be flexible and remember sometimes timing is everything.

STEP 1: GATHER A TEAM

Involve key people that can help make it easier to introduce more healthy food and beverage choices. Consider:

- Facility manager and recreation committee to obtain buy-in and support.
- Food service staff and volunteers to discuss possible changes and opinions.
- Regional Nutritionist to assist with menu planning.
- Coaches and parent committees to rally enthusiasm and excitement around proposed healthy changes (e.g. Hockey Moms).
- Athletes and facility users for additional input.

STEP 2: WHERE ARE WE NOW?

Before you start making decisions about what changes you want to make, it is important to take a look at your current situation. Consider:

- What foods are being offered now?
- What type of kitchen equipment is available?
- What space is available for food preparation?
- What type and how much refrigeration do you have?
- Are your food service providers contracted?
- Are your food and beverage suppliers contracted?
- Do you own your own vending machines?
- To what types of groups does your facility cater?

STEP 3: WHERE DO WE WANT TO GO?

It is great to develop a long term goal of what you want to do, but it is just as important to identify what small, simple steps you can take to get to that goal. Looking at what you identified in Step 2, develop a plan to move forward. Consider:

- What are your priorities?
- Which will be the easiest changes to make? Why?
- Which will be the hardest changes to make? Why?
- Which changes can we do now, in six months, in one year? Remember, it's important early on to tackle changes that are "easy wins". Early success will keep everyone motivated and positive during more difficult changes.

SECTION 3

Healthy Food & Beverage Guidelines for Concessions, Canteens, Snack Bars and Special Events

PLANNING YOUR MENU

The following healthy food and beverage guidelines can help you determine the choices to offer in your concession, canteen, snack bar and at events. Some items may be suitable for vending machines. The guidelines are adapted from the Provincial School Food Guidelines and places food and beverages into "serve most", "serve moderately" and "not included under serve most and serve moderately" categories.

vending machines

Contact your vending service provider to ask what healthy choices they have available and request to have them offered in your facility.

HEALTHY FOOD AND BEVERAGE GUIDELINES

SERVE Most

- Generally lower in added fat and/or sugar and/or salt.
- Source of nutrients (e.g. vitamins, minerals, protein and fibre).
- Included in one of the four food groups of Canada's Food Guide.

SERVE Moderately

- Sometimes lower in fibre and/or higher in fat, sugar, salt and calories, generally as a result of processing.
- Source of nutrients (e.g. vitamins, minerals and protein but generally lower in fibre).
- Included in one of the four food groups in Canada's Food Guide.

Not Included
UNDER SERVE MOST AND SERVE MODERATELY

- Not found in Canada's Food Guide.
- Low in nutrients and may be high in fat, sugar, salt, caffeine and/or calories.
- Tend to be highly processed foods that often are deep fried, or high in trans fats or sodium.
- These foods do not contribute to a healthy eating environment.

MEAL ITEMS

SERVE Most

CHILI *(See recipe on page 38)*	• Make with lean ground beef, chicken or turkey. Add a variety of beans and lots of vegetables. • Serve with whole grain bun.
SALAD	• Make it a full meal by adding a variety of vegetables, fruit, meat and/or alternatives (e.g. beans, tuna, chicken, turkey, nuts, seeds, egg) and lower fat cheese. • Serve with oil-based dressing on the side.
SKINLESS CHICKEN BURGER	• Cook chicken on a grill, in the oven or on the barbeque. • Optional: cook chicken ahead of time, freeze and wrap individually. Thaw and grill as needed. • For a tournament – place cooked chicken in a slow cooker to keep hot.
SOUP *(See recipe on page 38)*	• Make with vegetables, lean meat or poultry, a variety of beans, lentils, barley, brown rice, wild rice or whole grain pasta. • Choose a lower sodium soup base. • Serve with whole grain bread, crackers or bun. • Use herbs and spices to increase flavor rather than salt.
STEW *(See recipe on page 39)*	• Make with lean meat and lots of vegetables. • Serve with whole grain bread, bun or biscuit.
SANDWICH/WRAP *(See recipe on page 39)*	• Make with whole grain bread, tortilla or wrap. Add lean meat, poultry or fish such as chicken breast, turkey, roast beef, egg or tuna. Add a variety of vegetables and lower fat cheese. • Offer with non-hydrogenated soft margarine, mustard or small amount of mayonnaise. • When using canned fish – drain and rinse several times with water to remove some of the salt.
TACO SALAD	• Make with browned lean ground beef, chicken or turkey. Add kidney beans, lower fat cheese and lots of vegetables. • Offer with multigrain, baked and lower sodium tortilla chips. • Serve with salsa and light sour cream on the side.
WHOLE WHEAT MACARONI AND CHEESE *(See recipe on page 40)*	• Make with whole grain macaroni and lower fat cheddar cheese. • Optional: Add small pieces of chicken, ham, broccoli or fresh/canned stewed tomatoes. • Serve with a garden salad.

SERVE Moderately

PIZZA	• Use whole grain crust and add ingredients such as lean ham, chicken, green pepper, pineapple, mushrooms and tomatoes. Sprinkle with mozzarella cheese. • Avoid processed meats such as pepperoni, salami, sausage and bacon
PACKAGED BREADED CHICKEN BURGER	• Compare brands and choose the brand that is lowest in sodium and fat.
PACKAGED CHICKEN FINGERS	• Compare brands and choose the brand that is lowest in sodium and fat.

Not Included
UNDER SERVE MOST AND SERVE MODERATELY

DEEP FRIED FRENCH FRIES	If on the menu: • Bake instead of deep-frying. • Avoid mayonnaise, gravy and cheese as toppings or offer only in small portions.
HOT DOG/ SAUSAGE	If on the menu: • Best choice will usually be hot dogs and sausages with 100% meat or poultry and the shortest ingredients list. • Try to avoid MSG (monosodium glutamate), nitrates, byproducts, soy or cereal fillers and animal parts.
ONION RINGS	If on the menu: • Bake instead of deep-frying. • Offer only in small portions.

Simple to prepare

COLESLAW

Buy the bagged varieties and add your own carrot and additional cabbage for more nutrition. Use a small amount of coleslaw dressing *(see recipe on page 42)*. Makes a great inexpensive vegetable-based side dish.

FRESH OR FROZEN FRUIT WITH DIP

Use seasonal or frozen fruit. Serve in clear plastic dishes, fill the bottom with yogurt and top with fruit pieces.

MIXED BEAN SALAD

Drain and rinse a can of assorted beans, a can of green beans and a can of yellow beans. Mix with celery, red onion and a dressing made of vinegar, oil and pinch of sugar *(see recipe on page 42)*.

SALMON, TUNA OR EGG SANDWICH

Mix canned salmon, tuna or egg with lower fat mayonnaise, onions, celery, shredded carrot and lettuce and serve on whole grain English muffin or bread.

VEGETABLES AND DIP

Fill the bottom of a clear cup with a small amount of dip and place a variety of vegetables inside such as carrots, cucumbers, celery, peppers or broccoli *(see dip recipe on page 43)*.

VEGETABLE SALAD

Chop a variety of seasonal, fresh vegetables and marinate with a dressing made of vinegar, oil and pinch of sugar.

Tips

1. The types of food and beverage choices you offer will depend on the **EQUIPMENT** and **SPACE** available to prepare and to keep foods at the proper temperature.

2. **DEEP-FRYING** is **NOT** a recommended method of cooking. Most deep-fried foods can be either baked or grilled.

3. Adding **COLOURFUL** vegetables to sandwiches, lean burgers, subs and wraps can be healthy, filling and are great sellers.
   - Add flavour, colour and crunch with: cucumber, spinach, lettuce, tomato, peppers and carrots.
   - Offer a variety of whole grain bread choices such as whole wheat, rye, multi-grain and pumpernickel.

4. Check your **FLYER** for promotions of fresh or frozen vegetables and fruit before planning your menu. Serve what's on sale and in season to get the best price on healthy food.

for the Grill

CHICKEN CAESAR WRAP

Grill pieces of chicken breasts with small amount of Caesar dressing. Add romaine lettuce and parmesan cheese. Wrap and serve.

CHICKEN PITA

Grill chicken breast pieces and add tomatoes, red onion and a tzatziki sauce (cucumber and yogurt) and serve on a whole wheat pita.

FAJITA

Wrap warm grilled chicken breast pieces, salsa and pepper strips in a tortilla. Offer with light sour cream on the side.

QUESADILLA

It's like a Mexican grilled cheese. Put a tortilla on the grill. Top with a variety of ingredients such as salsa, onions, shredded grilled chicken breast and lower-fat cheese. Top with a second tortilla and grill on both sides until warm and cheese is melted *(see recipe on page 41).*

GRILLED CHEESE, TOMATO AND HAM

Lightly spread one side of whole grain bread with a non-hydrogenated soft margarine. Top with shredded lower fat cheese, tomato slices and lean ham. Grill and serve.

for the Oven

BAKED APPLE

Core apples and add small amount of brown sugar and cinnamon. Bake or microwave until apple is warm and tender.

BAKED POTATO

Add your own toppings such as salsa, chili, sautéed mushrooms, baked beans, onions and lower fat shredded cheese.

MEATLOAF MUFFINS

Combine lean ground meat with traditional meatloaf ingredients. Bake in a muffin tin for a perfect serving for one.

PITA PIZZAS

Top a whole grain pita with a variety of ingredients such as vegetables, lean ham, and lower fat cheese. Bake until cheese is melted.

TUNA MELT

Mix tuna, green onion and shredded mozzarella cheese. Place on an open whole wheat bun or English muffin. Bake and serve.

for the Stove Top

CORN ON THE COB

Boil this great summer vegetable for an event or tournament special. Serve with non-hydrogenated soft margarine.

PASTA AND SAUCE

Serve whole grain ravioli, tortellini or spaghetti with a tomato based sauce. If purchasing canned sauce, choose one that is lower in sodium *(see recipe on page 40).*

QUICK PASTA SALAD

Toss whole grain pasta shapes with assorted vegetables and small amount of Italian dressing. Sprinkle with herbs such as dill to add more flavour.

POTATO SALAD

Skip the traditional and make a light version using boiled potatoes (with skins on), shredded carrot, green or red onion and a small amount of Italian dressing.

TACO RICE SALAD

Mix rice, corn, black beans, and browned ground beef with Mexican seasonings such as cumin and chili powder. Top with lower fat shredded cheese.

TACO WRAP

Toss cooked lean ground beef in mild salsa. Add romaine lettuce, tomatoes and onion. Wrap and serve. Offer a spicy version by using medium or hot salsa *(see recipe on page 41).*

SNACKS

New snack foods are always entering the food market. Choosing the healthiest option is not easy. Some snack foods may appear to be healthy, such as snacks containing 'fruit' in the title but in fact could be mostly sugar.

Follow the guidelines below for healthy snack ideas for concessions, canteens, snack bars and events. Some items may be suitable for vending machines.

VEGETABLES & FRUIT (FRESH, FROZEN, CANNED, DRIED)	• Fresh: wash before serving. • Canned: fruit 'packed in water' or 'in it's own juice' and vegetables with 'no added salt'. • Dried: sugar or glucose is not in the ingredient list.
100% FRUIT SNACKS	• Made with 100% fruit. • Unsweetened or no sugar added.
APPLE SAUCE OR OTHER FRUIT SAUCE	• Made with 100% fruit. • Unsweetened or no sugar added. • Try frozen for a cool snack.
FROZEN 100% FRUIT JUICE BAR	• Make with 100% fruit juice. • Unsweetened or no sugar added.
FRUIT SMOOTHIE	• Make with ingredients such as 100% fruit juice, frozen berries, banana, skim milk and yogurt with 2% of less milk fat (M.F).
BAGEL	• Whole wheat or whole grain varieties. • No larger than size of hockey puck. • Offer with light cream cheese or non-hydrogenated soft margarine.
YOGURT	• 2% or less milk fat (M.F).
YOGURT TUBE	• Milk should be the first ingredient. • Try frozen for a cool snack.
YOGURT PARFAIT	• Made with yogurt with 2% or less milk fat (M.F). • Top with unsweetened frozen or fresh fruit and whole grain cereal or granola.
CHEESE STRING	• 21% or less milk fat (M.F).
TRAIL MIX	• Choose ingredients such as nuts, seeds and plain whole grain cereals. • Choose no added sugar varieties and avoid candy ingredients.

SERVE Moderately

POPCORN	• Plain or light varieties. • Offer in 'snack bag' servings.
PRETZELS	• Offer small bags. • Choose unsalted varieties if possible.
GRANOLA BAR	• Plain, not dipped or coated. • Look for whole grain to be the first ingredient. • Choose varieties that have at least 2 g of fiber and less than 8 g of sugar.
COOKIE	• When making homemade: use ingredients such as non-hydrogenated soft margarine, oats, nuts and dried fruit.
MUFFIN	• Whole grain varieties. • Aim for trans-fat free and less than 1 g of saturated fat. • When making homemade use canola or vegetable oil to replace shortening, lard or hard butters. Try adding oatmeal, fruit and fruit purees. • Serve muffins in 'fist size' servings. • If using large pre-made muffins serve half portions with fruit pieces.

Not Included
UNDER SERVE MOST AND SERVE MODERATELY

ICE CREAM	If on the menu: • Offer 1/2 cup portion or try frozen yogurt.
CHIPS/CRISPERS	If on the menu: • Serve in 100-calorie options.
NACHO CHIPS AND CHEESE SAUCE	If on the menu: • Offer multigrain or lower sodium nacho chip options. • Serve cheese on the side in small portions.
CHOCOLATE BAR	If on the menu: • Offer a small selection or 100-calorie options.
PASTRY, PIE, DONUT	If on the menu: • Serve in small portions.
PACKAGED CRACKERS AND CHEESE	If on the menu: • Choose a brand with higher fiber crackers.

BEVERAGES

The following beverage guidelines offer some ideas for concessions, canteens, snack bars and events. Some items may be suitable for vending machines. If offering large beverages, offer them in containers with a screw top so customers don't need to drink them all at once.

SERVE Most

FOUNTAIN OR BOTTLED WATER	• Choose plain, unsweetened water with no artificial sweeteners or additives (e.g. caffeine, sodium).
WHITE MILK OR FORTIFIED SOY BEVERAGE	• Offer 2% or less milk fat (M.F).
100% VEGETABLE JUICE	• Choose varieties with 480 mg or less of sodium per serving.
100% FRUIT JUICE	• Choose varieties with pulp for more fibre.

SERVE Moderately

CHOCOLATE MILK	• Offer 2% or less milk fat (M.F).
HOT CHOCOLATE MADE WITH MILK	• Look at the Nutrition Facts Table and choose varieties that offer 20% or more of % daily value for Calcium.
YOGURT DRINKS	• Choose varieties with milk as the first ingredient and those with less added sugar. • Offer 2% or less milk fat (M.F).

Not Included
UNDER SERVE MOST AND SERVE MODERATELY

FLAVOURED WATER	If on the menu: • Choose varities with no artificial sweeteners or additives (e.g. caffeine, sodium).
COFFEE/POP/SOFT DRINKS/ ENERGY DRINKS	• *See Beverages for Health and Sport on page 28.*

Breakfast ideas

BAGELS

Offer whole wheat or whole grain varieties. Serve with non-hydrogenated soft margarine or light cream cheese.

BREAKFAST BANANA SPLIT

Cook up a batch of oatmeal from plain rolled oats. Add sliced banana and a scoop of yogurt. Top with raisins or dried cranberries and serve.

BREAKFAST ON THE GO

Pack a brown paper bag with a small carton of milk or 100% fruit juice carton, a piece of fruit or a fruit cup. Add a cereal bar or a whole grain muffin. Remember the straw and napkin. Any variation can work so be creative!

SMOOTHIES

Blend frozen fruit, yogurt and skim milk. Try variations such as ice, banana and chocolate milk or frozen strawberries and 100% orange juice *(see recipe on page 44).*

FANTASTIC FRENCH TOAST

Dip whole grain toast in a mixture of egg, skim milk and cinnamon. Brown on both sides and serve with a small amount of syrup and yogurt.

SPICY ROLL-UP

Scramble egg on the grill. Roll up in a wrap with lower fat shredded cheese and salsa.

ENGLISH EGG SANDWICH

Toast an English muffin, light spread of non-hydrogenated soft margarine, add a scrambled egg cooked in the microwave and serve.

Tips for planning meals & snacks for a tournament or special event

1. Vegetables and fruit are great choices and should be included in every meal and snack. Check local flyers for promotions of fresh or frozen vegetables and fruit before planning your menu. Serve what's on sale and in season to get the best price and most nutrition.

2. Choose grains such as barley or wild rice (in soups), oats (in muffins/pancakes), whole grain breads, oatmeal or whole wheat pasta. Limit commercial baked goods, crackers, cookies, biscuits, pies, waffles, packaged snack foods and deep-fried fast foods that may be high in trans-fat and sodium.

3. Choose lean cuts of meat and trim off fat. Remove skin from poultry. Limit or avoid processed meats such as bologna, wieners, bacon, sausages and pepperoni.

4. Offer dressings, sauces or dips on the side.

5. The best beverages to offer at events are water, milk, and 100% fruit and vegetable juices.

6. When offering meals, a plate is well balanced when it has one quarter meat and alternatives, one quarter grain products and one half vegetables. To complete the meal, add a glass of milk to drink and some fresh fruit for dessert.

Goody Bag ideas

Here are some ideas for items to give out in the tournament or event Goody Bag instead of candy, chips, pop and other high sugar, fat and sodium items:

- fun pens, pencils and erasers
- coupons for a chocolate milk
- fruit such as apples, bananas and oranges
- bottled water
- paper pads
- dried fruit snacks (100% fruit)

Quick, healthy meal combos for tournaments or events

Consider including a menu of healthy meal combos in your tournament or event information packages so people are aware healthy choices will be available before they arrive.

Recipes can be found in Section 7: Quick and Healthy Recipes.

A **CHICKEN AND CHEESE QUESADILLAS**
Carrot Sticks with Hummus
Fruit Smoothie

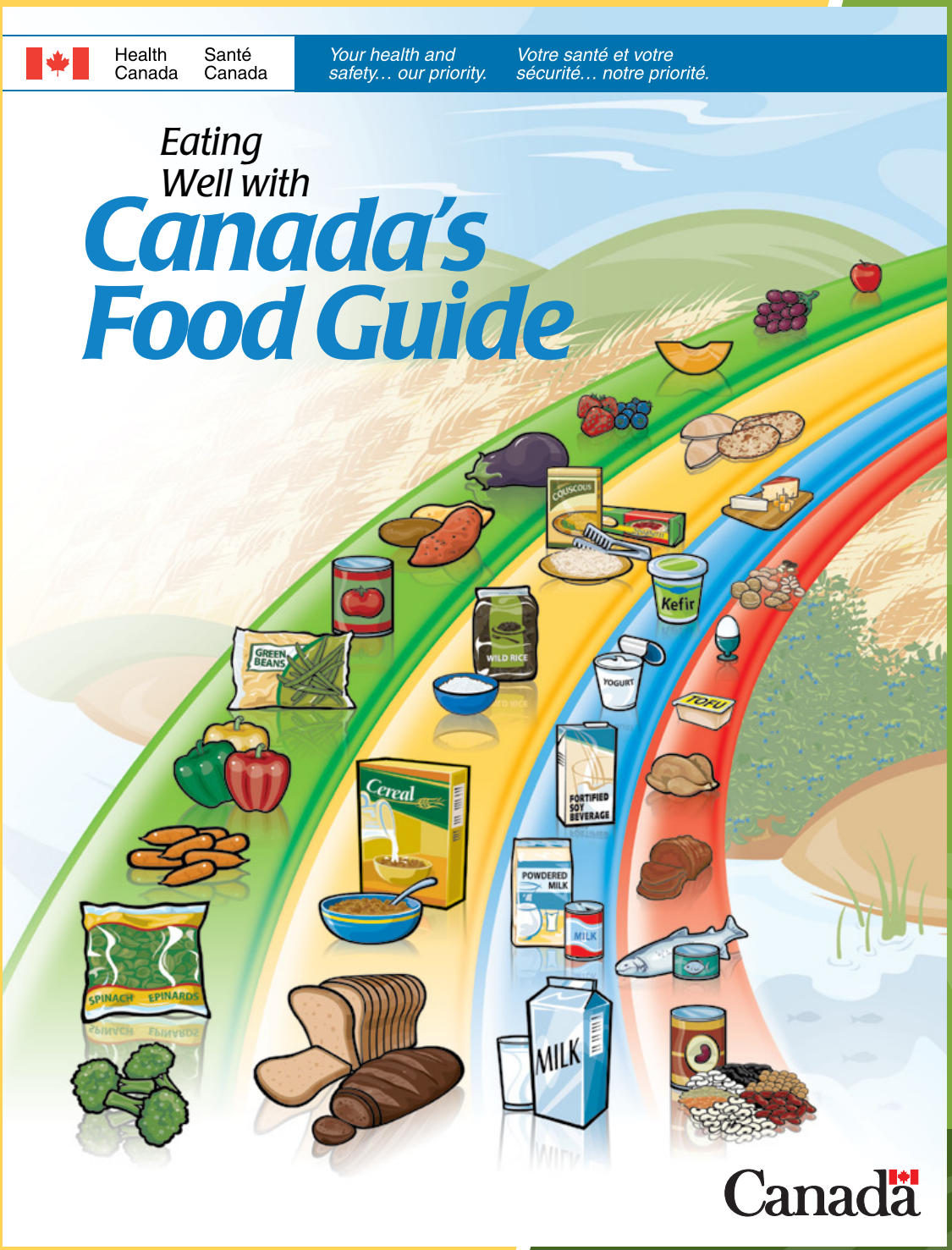
B **BEEF AND VEGETABLE STEW**
Whole Grain Bun
Orange
Small White or Chocolate Milk Carton

C **CHICKEN AND VEGETABLE WRAP**
Yogurt Parfait
Small 100% Fruit Juice Carton

D **CHILI**
Whole Grain Bun
Apple
Small White or Chocolate Milk Carton

SECTION 4

Choosing Healthy Food and Beverages



Make each Food Guide Serving count…

wherever you are – at home, at school, at work or when eating out!

Eat at least one dark green and one orange vegetable each day.
- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

Have vegetables and fruit more often than juice.

Make at least half of your grain products whole grain each day.
- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

Choose grain products that are lower in fat, sugar or salt.
- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

Drink skim, 1%, or 2% milk each day.
- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

Select lower fat milk alternatives.
- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

Have meat alternatives such as beans, lentils and tofu often.

Eat at least two Food Guide Servings of fish each week.*
- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

Select lean meat and alternatives prepared with little or no added fat or salt.
- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.

Recommended Number of Food Guide Servings per Day

	Children			Teens		Adults			
Age in Years	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

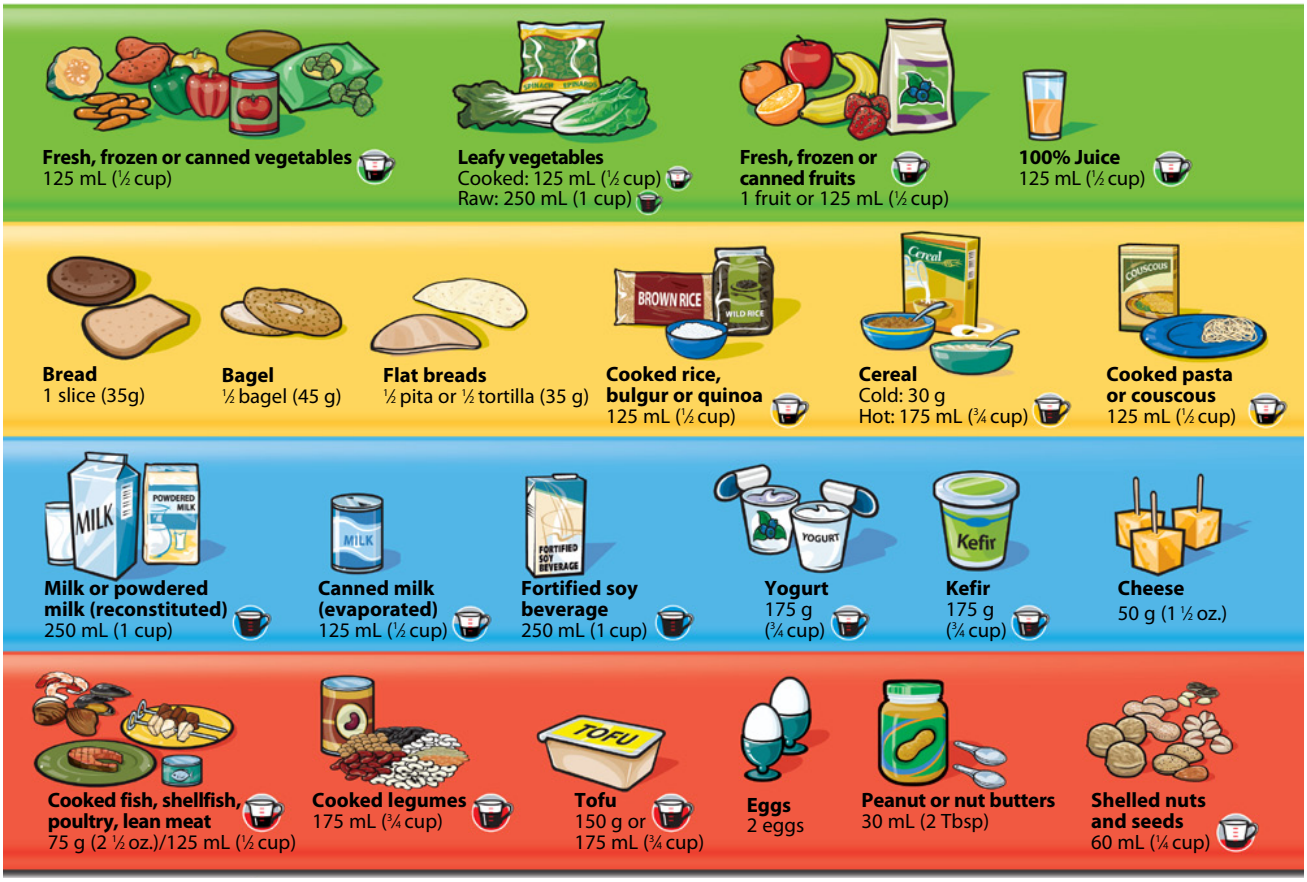
Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:
- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL (½ cup)

Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)

Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)

100% Juice
125 mL (½ cup)

Bread
1 slice (35g)

Bagel
½ bagel (45 g)

Flat breads
½ pita or ½ tortilla (35 g)

Cooked rice, bulgur or quinoa
125 mL (½ cup)

Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)

Cooked pasta or couscous
125 mL (½ cup)

Milk or powdered milk (reconstituted)
250 mL (1 cup)

Canned milk (evaporated)
125 mL (½ cup)

Fortified soy beverage
250 mL (1 cup)

Yogurt
175 g (¾ cup)

Kefir
175 g (¾ cup)

Cheese
50 g (1 ½ oz.)

Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)

Cooked legumes
175 mL (¾ cup)

Tofu
150 g or 175 mL (¾ cup)

Eggs
2 eggs

Peanut or nut butters
30 mL (2 Tbsp)

Shelled nuts and seeds
60 mL (¼ cup)

Enjoy a variety of foods from the four food groups.

Satisfy your thirst with water!

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Advice for different ages and stages…

Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.

Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.

Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

How do I count Food Guide Servings in a meal?

Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert		
250 mL (1 cup) mixed broccoli, carrot and sweet red pepper	=	2 **Vegetables and Fruit** Food Guide Servings
75 g (2 ½ oz.) lean beef	=	1 **Meat and Alternatives** Food Guide Serving
250 mL (1 cup) brown rice	=	2 **Grain Products** Food Guide Servings
5 mL (1 tsp) canola oil	=	part of your **Oils and Fats** intake for the day
250 mL (1 cup) 1% milk	=	1 **Milk and Alternatives** Food Guide Serving
1 apple	=	1 **Vegetables and Fruit** Food Guide Serving

Eat well and be active today and every day!

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

Be active

To be active every day is a step towards better health and a healthy body weight.

It is recommended that adults accumulate at least 2 ½ hours of moderate to vigorous physical activity each week and that children and youth accumulate at least 60 minutes per day. You don't have to do it all at once. Choose a variety of activities spread throughout the week.

Start slowly and build up.

Eat well

Another important step towards better health and a healthy body weight is to follow *Canada's Food Guide* by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Nutrition Facts

Per 0 mL (0 g)

Amount		% Daily Value
Calories 0		
Fat 0 g		**0** %
Saturated 0 g		**0** %
+ Trans 0 g		
Cholesterol 0 mg		
Sodium 0 mg		**0** %
Carbohydrate 0 g		**0** %
Fibre 0 g		**0** %
Sugars 0 g		
Protein 0 g		
Vitamin A 0 %	Vitamin C	0 %
Calcium 0 %	Iron	0 %

Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Take a step today…

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!

For more information, interactive tools, or additional copies visit Canada's Food Guide on-line at:
www.healthcanada.gc.ca/foodguide

or contact:

Publications
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Également disponible en français sous le titre :
Bien manger avec le Guide alimentaire canadien

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Beverages for health and sport

SPORTS DRINKS

Sport drinks are not appropriate for everyone and Canada's Food Guide recommends limiting the use of sports drinks.

What you should know about sports drinks:

- Sports drinks may be beneficial when involved in continuous and high intensity physical activity for over an hour or when excessive sweat losses occur. They are intended to replace sugar in muscles and fluid and electrolytes (sodium and potassium) lost in sweat.

Generally, if exercising for less than an hour and exercising at a low to moderate intensity, plain water will quench your thirst and help you perform at your best.

ENERGY DRINKS

These beverages are NOT recommended for children and youth.

What you should know about energy drinks:

- Most energy drink labels caution that children should not consume these beverages.
- These drinks are not good choices at any time, especially during or after athletic events. The caffeine, high sugar content and carbination of energy drinks can interfere with hydration.
- The effects of the large amount of caffeine and other ingredients that may be added to energy drinks are unknown.

CAFFEINE IN BEVERAGES

What you should know about caffeine:

- Caffeine is a stimulant.
- Caffeine can be found in coffee, tea, iced tea, cola, energy drinks and chocolate products.
- Too much caffeine can cause nervousness, irritability, difficulty sleeping and rapid heartbeat.
- Due to the health effects of caffeine, and because the tolerance for caffeine depends on body weight, Health Canada has set maximum daily limits for caffeine intake for different age groups.

Maximum daily limits for caffeine	
400 mg	Adults
300 mg	Women of childbearing age
85 mg	10-12 years
62.5 mg	7-9 years
45 mg	4-6 years

Source: Health Canada, 2011

Caffeine content of common beverages *(per 237 ml serving)*	
135 mg	Coffee
80 mg	Energy Drink
43 mg	Tea
36-46 mg	Pop
30 mg	Green Tea
8 mg	Milk
5 mg	Hot Cocoa

Source: Health Canada, 2012

SUGAR IN BEVERAGES

What you should know about sugar:

- Many beverages contain large amounts of sugar.
- Sugar can interfere with hydration, increase calorie content, and contribute to tooth decay, especially when sipped over long periods.

Sugar content of common beverages *(per 250 ml serving)*	
33 g	Fruit Drinks and Fruit Punches
28 g	Pop
23 g	Iced Tea
16 g	Sports Drink, Fruit Flavour

Source: Health Canada, 2010. Nutrient Values in Some Common Foods

Fact

4 g of sugar = 1 cube or 1 tsp of sugar

1 can of pop = 9 tsp of sugar

1 can of pop per day for 1 year = 31.3 lbs of sugar

reading Labels

COMPARE FOOD AND BEVERAGE PRODUCTS AND MAKE HEALTHY CHOICES

Nutrition information on food labels can help you make informed choices and are based on Health Canada regulations.

Nutrition Claims:

1) tell you about one nutrient, such as "high source of fibre", or
2) tell you how your food and beverage choices can affect your health.

Ingredient List:

Tell you what ingredients are in the packaged food or beverage, from most to least by weight.

Nutrition Facts Table:

Give you detailed information about the nutrition content of food and beverages.

NUTRITION FACTS TABLE

The serving size follows the word Per. All nutrition information on the label is based on the amount of food for that serving size. The serving size listed may or may not be the same size as the actual food package.

The label will give information on calories and 13 core nutrients.

Nutrition Facts

Per 1/3 cup (55 g)

Amount	% Daily Value
Calories 40	
Fat 0 g	
Saturated 0 g	
+ Trans 0 g	0 %
Cholesterol 80 mg	
Sodium 200 mg	9 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 8 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	2 %

The % Daily Value tells you if there is a little or a lot of a nutrient in one serving. Choose foods with 5% daily value or less for fat, saturated fat, trans fat, cholesterol and sodium. Choose foods with 15% daily value or higher for fibre, vitamin A, vitamin C, calcium and iron.

The number after the nutrient is the actual amount of the nutrient based on the serving size.

SECTION 5

Marketing the Healthy Choices

To encourage people to choose the healthy food and beverage choices consider the 4 P's of marketing:

1. Product availability
2. Pricing
3. Placement
4. Promotion

1 Product Availability

To market the healthy food and beverage choices they first must be available. Take a look at what healthy choices you are already providing and where you might consider making changes.

2 Pricing

Price may be one of the most important factors in helping people make healthier choices. If healthy foods cost more than less healthy foods, it may discourage people from purchasing them.

- Offer healthy choices as part of a special or "meal deal'.
- Price healthy choices at the same or at a lower cost than less healthy choices to encourage sales.
- If an item is popular, price may not matter. Ask youth what choices they would like to see offered. Your sales of these foods may soar!
- Raise the prices of less healthy choices; this will help make up for the decreased profits on healthy choices.

Example of a **GOLD MEDAL MEAL** Package

Snack:
Yogurt Parfait

Meal:
Chicken and Veggie Wrap
Veggies and Dip
Fruit Cup
Milk

Hint: *Have the team pre-order the meal before the tournament to save time in preparations.*

3 Placement

Remember the saying "out of sight…out of mind"? Healthier food choices should be more plentiful and more visible than the less healthy choices. Try these tips:

- Put healthy foods up front and centre where people can see them right away.
- Place healthy foods at eye level and in easy to access displays. Mark prices clearly.
- Make healthy foods more appealing. Use baskets, attractive arrangements, colourful food choices and garnishes to make these foods stand out.
- Have a lot of healthy choices available in all food service venues at all times.
- Position vending machines with healthy choices in high traffic locations.

4 Promotion

Rather than label foods as "healthy" or "unhealthy", focus on recommendations from Canada's Food Guide and promote the positive attributes of food such as what nutrients they contain, how they fuel the body and how they keep the body healthy.

HOW TO PROMOTE?

There are many fun ways to promote healthy choices. Examples are:

- Provide meal specials that include all 4 food groups.
- Use frequent buyer cards.
- Have discount days such as "Thirsty Thursday" with a price reduction on milk and 100% juice or lower the price of fruit on "Fresh Fruit Fridays".
- Market healthy choices as the popular choice. Have a "hot sellers" section with healthier foods and beverages.
- Promote the performance benefits of good nutrition (e.g. sports performance).
- Change the front of vending machines to promote the healthier choices.
- Newsletters, posters and public announcements are good ways to promote healthy food and beverage choices.
- Offer free samples of a new healthy menu item to get people trying it - they'll be more likely to buy it later.

Remember to involve youth in the planning committee and promotion process - ask them how to get youth support and buy-in!

SECTION 6

Food Safety

Food safety is an important issue for the food service industry. Consider arranging for a local Environmental Health Officer to provide food safety education for employees, volunteers and/or summer students serving or preparing food. For more information, visit **http://www.servicenl.gov.nl.ca/**.

You may also want to encourage employees, volunteers and/or summer students serving or preparing foods to take a Food Safety Course. For a listing of Recognized Courses in Food Safety visit **http://www.health.gov.nl.ca/health/publichealth/envhealth/foodsafetyinfo.html**.

food safety Tips

Fact

- A foodborne illness is any illness resulting from the consumption of contaminated food.
- Poultry is one of the most common sources of foodborne illness.

HANDLE PERISHABLE FOODS SAFELY

Perishable foods must be handled safely to protect from contamination. Please follow these recommendations:

1 AVOID THE TEMPERATURE DANGER ZONE

- Cold foods need to be stored below 4°C (40°F).
- Hot foods need to be stored above 60°C (140°F).
- Use a food thermometer to check temperatures of food.
- Do not store any perishable foods in the 'danger zone' between 4°C and 60°C, where bacteria can grow (e.g. on the kitchen counter).

2 CLEAN

Wash your hands frequently with soap and water:

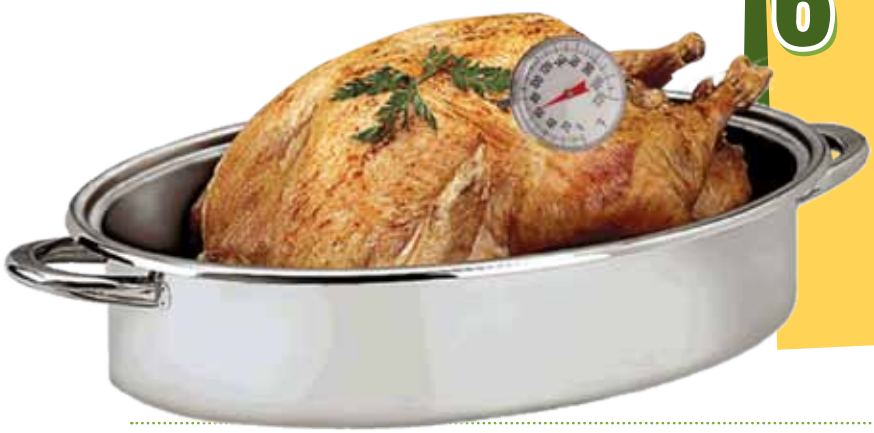
- Before handling food or eating.
- After handling raw meats.
- After using the toilet, touching pets/animals and changing diapers.
- *Note: Hand sanitizers are not a substitute for washing your hands*.

- Rinse fresh fruit and vegetables under tap water (even the skins and rinds that aren't eaten).
- Wash counters, utensils, cutting boards and other surfaces with hot soapy water then sanitize after each food item and before preparing the next food.
- Wipe cloths used for sanitizing surfaces should be stored in the sanitizer solution (i.e. 10 ml (2 tsp) of bleach per gallon (3.8 L) of water).

3 SEPARATE

- Use separate cutting boards for raw meats and raw fruits and vegetables.
- Store raw meats on refrigerator shelves that are below ready-to-eat foods to prevent juices in the raw meats from contaminating these foods.

Action	Temperature Required
Refrigeration	4°C (40°F) or less
Freezing	-18°C (0°F) or less
Cooking	
Food mixtures containing poulty, eggs, meat, fish or other potentially hazardous foods	Internal Temperature of 74°C (165°F) for at least 10 minutes
Pork, lamb, veal, beef (whole cuts)	Internal Temperature of 70°C (158°F)
Rare roast beef	Internal Temperature of 63°C (145°F) for 3 minutes
Poultry	Internal Temperature of 85°C (185°F) for 15 seconds
Stuffing in poultry	74°C (165°F)
Ground meat	71°C (160°F)
Eggs	63°C (145°F) for 15 seconds
Fish	71°C (160°F)
Reheating	74°C (165°F)
Holding hot foods	60°C (140°F)
Cooling	60°C (140°F) to 20°C (68°F) within 2 hours 20°C (68°F) to 4°C (40°F) within 4 hours



4 COOK

- Cook all meats, poultry and eggs to a proper internal temperature, as listed in the table.
- Keep all hot foods at 60°C (140° F) or more, to prevent the growth of bacteria.
- Use a food thermometer to check cooking and storage temperatures.

5 CHILL

Improper cooling is one of the leading causes of food borne illness.

- Chill all leftovers promptly to keep them out of the 'danger zone'.
- Refrigerate all perishable foods at 4°C (40°F) or less, to prevent the growth of bacteria.
- Thaw frozen foods in a refrigerator, or in cold water (needs to be changed every 30 minutes), or a microwave oven, not at room temperature.
- Foods thawed in the microwave or in cold water must be cooked immediately.

6 RE-HEATING & HOT HOLDING FOOD

- Bring sauces, soups, gravy and leftovers to 74°C/165°F quickly. Slow cookers, chafing dishes and warming trays are not permitted for re-heating.
- Food must be held hot at a minimum of 60°C/140°F. Slow cookers, chafing dishes and warming trays can be used for hot holding.

Food Handlers' Storage Guide

General guidelines for the shelf life of common foods. Read the label and check for "best before" dates. Most foods, except those marked with an "expiry date", are safe to eat if stored longer, but flavor and nutritional value will deteriorate. Discard if there is any sign of spoilage.

Cupboard (room temperature)

Unless otherwise specified, times apply to unopened packages.

CEREAL GRAINS

(once opened, store in airtight containers, away from light and heat)

- Bread Crumbs (dry) ..... 3 months
- Cereals (ready-to-eat) ..... 8 months
- Cornmeal ..... 6-8 months
- Crackers ..... 6 months
- Pasta ..... several years
- Rice ..... several years
- Rolled oats ..... 6-10 months
- White flour ..... 1 year
- Whole wheat flour ..... 3 months

CANNED FOODS

(once opened, store covered in airtight container in refrigerator)

- Evaporated milk ..... 9-12 months
- Other canned foods ..... 1 year

DRY FOODS

(once opened, store in airtight containers, away from light and heat)

- Baking powder, baking soda ..... 1 year
- Beans, peas, lentils ..... 1 year
- Chocolate (baking) ..... 7 months
- Cocoa ..... 10-12 months
- Coffee (ground) ..... 1 month
- Coffee (instant) ..... 1 year
- Coffee whitener ..... 6 months
- Fruit (dried) ..... 1 year
- Gelatin ..... 1 year
- Jelly powder ..... 2 years
- Mixes (cake, pancake, tea biscuit) ..... 1 year
- Mixes (pie filling and pudding) ..... 18 months
- Mixes (main dish accompaniments) ..... 9-12 months
- Potatoes (flakes) ..... 1 year
- Skim milk powder - unopened ..... 1 year
  - opened ..... 1 month
- Sugar (all types) ..... several years
- Tea bags ..... 1 year

MISCELLANEOUS FOODS

- Honey ..... 18 months
- Jam, jellies (once opened, store covered in refrigerator) ..... 1 year
- Mayonnaise, salad dressings
  - unopened ..... 6 months
  - opened (store covered in refrigerator) ..... 1-2 months
- Molasses ..... 2 years
- Nuts ..... 1 month
- Peanut butter - unopened ..... 6 months
  - opened ..... 2 months
- Pectin - liquid ..... 1 year
  - opened (store covered in refrigerator) ..... 1 month
  - powdered ..... 2 years
- Sandwich spread (once opened, store covered in refrigerator) ..... 8 months
- Syrups - corn, maple, table ..... 1 year
- Vegetable oils (once opened, store covered in refrigerator) ..... 1 year
- Vinegar ..... several years
- Yeast (dry) ..... 1 year

VEGETABLES

- Potatoes, rutabaga, squash ..... 1 week
- Tomatoes ..... 1 week

Cool room (7-10°C, 45-50°F)

- Onions (dry, yellow skin) ..... 6 weeks
- Potatoes (mature) ..... 6 months
- Rutabaga (waxed) ..... several months
- Squash (winter) ..... several months

Refrigerator (4°C, 40°F)

Unless otherwise specified, cover all foods.

DAIRY PRODUCTS AND EGGS

(check "best before" dates)

- Butter - unopened ..... 8 weeks
  - opened ..... 3 weeks
- Cheese - cottage (once opened) ..... 3 days
  - firm ..... several months
  - processed (unopened) ..... several months
  - processed (opened) ..... 3-4 weeks
- Eggs ..... 3 weeks
- Margarine - unopened ..... 8 months
  - opened ..... 1 month
- Milk, cream, yogurt (once opened) ..... 3 days

FISH AND SHELLFISH

- Clams, crab, lobster, mussels (live) ..... 12-24 hours
- Fish (cleaned) - raw ..... 3-4 days
  - cooked ..... 1-2 days
- Oysters (live) ..... 24 hours
- Scallops, shrimp (raw) ..... 1-2 days
- Shellfish (cooked) ..... 1-2 days

FRESH FRUIT (RIPE)

- Apples ..... 2 months
  - purchased February to July ..... 2 weeks
- Apricots (store uncovered) ..... 1 week
- Blueberries (store uncovered) ..... 1 week
- Cherries ..... 3 days
- Cranberries (store uncovered) ..... 1 week
- Grapes ..... 5 days
- Peaches (store uncovered) ..... 1 week
- Pears (store uncovered) ..... 1 week
- Plums ..... 5 days
- Raspberries (store uncovered) ..... 2 days
- Rhubarb ..... 1 week
- Strawberries (store uncovered) ..... 2 days

FRESH VEGETABLES

- Asparagus ..... 5 days
- Beans (green, wax) ..... 5 days
- Beets ..... 3-4 weeks
- Broccoli ..... 3 days
- Brussels sprouts ..... 1 week
- Cabbage ..... 2 weeks
- Carrots ..... several weeks
- Cauliflower ..... 10 days
- Celery ..... 2 weeks
- Corn ..... use same day
- Cucumbers ..... 1 week
- Lettuce ..... 1 week
- Mushrooms ..... 5 days
- Onions (green) ..... 1 week
- Parsnips ..... several weeks
- Peas ..... use same day
- Peppers (green, red) ..... 1 week
- Potatoes (new) ..... 1 week
- Spinach ..... 2 days
- Sprouts ..... 2 days
- Squash (summer) ..... 1 week

MEAT, POULTRY

Uncooked

- Chops, steaks ..... 2-3 days
- Cured or smoked meat ..... 6-7 days
- Ground meat ..... 1-2 days
- Poultry ..... 2-3 days
- Roasts ..... 3-4 days
- Variety meats, giblets ..... 1-2 days

Cooked

- All meats and poultry ..... 3-4 days
- Casseroles, meat pies, meat sauces ..... 2-3 days
- Soups ..... 2-3 days

MISCELLANEOUS FOODS

- Coffee (ground) ..... 2 months
- Nuts ..... 4 months
- Shortening ..... 12 months
- Whole wheat flour ..... 3 months

Freezer (-18°C, 0°F)

Use freezer wrapping or airtight containers. Freeze fresh food at its peak condition.

DAIRY PRODUCTS AND FATS

- Butter - salted ..... 1 year
  - unsalted ..... 3 months
- Cheese - firm, processed ..... 3 months
- Cream - table, whipping (separates when thawed) ..... 1 month
- Ice cream ..... 1 month
- Margarine ..... 6 months
- Milk ..... 6 weeks

FISH AND SHELLFISH

- Fish (fat species: lake trout, mackerel, salmon) ..... 2 months
- Fish (lean species: cod, haddock, pike, smelt) ..... 6 months
- Shellfish ..... 2-4 months

FRUITS AND VEGETABLES ..... 1 year

MEAT, POULTRY AND EGGS

Uncooked

- Beef (roasts, steaks) ..... 10-12 months
- Chicken, turkey - cut up ..... 6 months
  - whole ..... 1 year
- Cured or smoked meat ..... 1-2 months
- Duck, goose ..... 3 months
- Eggs (whites, yolks) ..... 4 months
- Ground meat ..... 2-3 months
- Lamb (chops, roasts) ..... 8-12 months
- Pork (chops, roasts) ..... 8-12 months
- Sausages, wieners ..... 2-3 months
- Variety meats, giblets ..... 3-4 months
- Veal (chops, roasts) ..... 8-12 months

Cooked

- All meat ..... 2-3 months
- All poultry ..... 1-3 months
- Casseroles, meat pies ..... 3 months

MISCELLANEOUS FOODS

- Bean, lentil, pea casseroles ..... 3-6 months
- Breads (baked or unbaked, yeast) ..... 1 month
- Cakes, cookies (baked) ..... 4 months
- Herbs ..... 1 year
- Pastries, quick bread (baked) ..... 1 month
- Pastry crust (unbaked) ..... 2 months
- Pie (fruit, unbaked) ..... 6 months
- Sandwiches ..... 6 weeks
- Soups (stocks, cream) ..... 4 months

TO LEARN MORE

To learn more about food safety, please contact an Environmental Health Officer at the nearest Government Service Centre, or an Environmental Health Program Manager with the Regional Health Authority; or you can visit www.canfightbac.org.

Newfoundland Labrador

Department of Health and Community Services
Department of Government Services
Regional Health Authorities

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SECTION 7

Quick and Healthy Recipes

fast Chili

Ingredients (8 Servings)

1 lb (0.45 kg)	lean or extra lean ground beef
1 cup	sliced white or red onion
1 cup	diced green bell peppers
1 cup	sliced mushrooms
1 can (28 oz/796 ml)	diced tomatoes (reduced sodium)
1 can (14 oz/398 ml)	tomato sauce (reduced sodium)
2 cans (19 oz/ 540ml)	kidney beans, rinsed and drained
3 tbsp	chili powder

Ingredients (24 Servings)

3 lbs (1.36 kg)	lean or extra lean ground beef
3 cups	sliced white or red onion
3 cups	diced green bell peppers
3 cups	sliced mushrooms
3 cans (28 oz/796 ml)	diced tomatoes (reduced sodium)
3 cans (14 oz/398 ml)	tomato sauce (reduced sodium)
6 cans (19 oz/ 540 ml)	kidney beans, rinsed and drained
9 tbsp	chili powder

Directions

- In a saucepan, over medium heat, cook ground beef. Drain off fat.
- Add onions, green bell peppers and mushrooms and cook until softened, about 5 minutes.
- Add tomatoes, tomato sauce, kidney beans and chili powder.
- Reduce heat and simmer, covered and stirring occasionally for 20-30 minutes.

Adapted from Great Food Fast, Dietitians of Canada.

vegelable barley Soup

Ingredients (12 Servings)

1 1/2 cans (19 oz/540 ml)	diced tomatoes
2L and 1 cup (2250 ml)	chicken broth (reduced sodium)
3/4 cup	diced potato
3/4 cup	diced celery
3/4 cup	diced onion
3/4 cup	diced carrot
3/4 cup	diced turnip
3/4 cup	barley
Dash	ground black pepper

Ingredients (36 Servings)

4 1/2 cans (19 oz/540 ml)	diced tomatoes
6L and 3 cups (2750 ml)	chicken broth (reduced sodium)
2 1/4 cups	diced potato
2 1/4 cups	diced celery
2 1/4 cups	diced onion
2 1/4 cups	diced carrot
2 1/4 cups	diced turnip
2 1/4 cups	barley
1 tsp	ground black pepper

Directions

- In a large saucepan, over medium heat, combine broth, potato, celery, onion, carrot, turnip, barley and pepper to taste.
- Bring to a boil
- Reduce heat, cover and simmer for 1 hour or until barley is soft.

Adapted from Cook!, Dietitians of Canada.

beef & vegetable Stew

Ingredients (9 Servings)

2 tbsp	all-purpose flour
1/4 tsp	salt
Pinch	ground black pepper
1 1/4 lbs (0.68 kg)	stewing beef, bite size pieces
2 tbsp	non-hydrogenated soft margarine
1	onion, chopped
3 cups	beef stock (reduced sodium)
3/4 cup	potato, diced
3/4 cup	turnip, diced
3	carrots, sliced
3	stalks celery, chopped
1 cup	sliced mushrooms
1 can (28 oz/ 796 ml)	diced tomatoes (reduced sodium)

Ingredients (27 Servings)

6 tbsp	all-purpose flour
3/4 tsp	salt
1/2 tsp	ground black pepper
3l' lbs (1.70 kg)	stewing beef, cut into bite size pieces
6 tbsp	non-hydrogenated soft margarine
3	onions, chopped
2 L and 1 cup (2250 ml)	beef stock (reduced sodium)
2 1/4 cups	potato, diced
2 1/4 cups	turnip, diced
9	carrots, sliced
9	stalks celery, chopped
3 cups	sliced mushrooms
3 cans (28 oz/796 ml)	diced tomatoes (reduced sodium)

Directions

- In a small bowl, stir together flour, salt and pepper. Coat beef in flour mixture. Shake off any excess flour mixture and transfer to a plate.
- In a large saucepan, melt margarine over medium-high heat. Add beef and onion; cook for about 2 minutes or until beef is browned and onion is softened.
- Stir in stock slowly and bring to a boil, stirring constantly until thick. Add potatoes, turnips, carrots, celery, mushrooms and tomatoes.
- Cover and let simmer for 2 to 2 1/2 hours.

Adapted from Better Baby Food, 2nd edition.

chicken & vegetable Wrap

Ingredients (4 Servings)

4	large soft tortillas (whole wheat)
2	cooked chicken breasts, thinly sliced
8 leaves	green leaf lettuce
1 cup	carrot, grated
1/4 cup	red onion, thinly sliced
1 cup	peppers, thinly sliced (red, yellow, orange or green)
1/2 cup	lower fat cheese, grated (mozzarella, Cheddar or Monterey)
1/4 cup	Ranch dressing (could also try other sauces and spreads such as BBQ, hummus or Tzatziki sauce)

Ingredients (12 Servings)

12	large soft tortillas (whole wheat)
6	cooked chicken breasts, thinly sliced
24 leaves	green leaf lettuce
3 cups	carrots, grated
3/4 cup	red onion, thinly sliced
3 cups	peppers, thinly sliced (red, yellow, orange or green)
1 1/2 cups	lower fat cheese, grated (mozzarella, Cheddar or Monterey)
3/4 cup	Ranch dressing (could also try other sauces and spreads such as BBQ, hummus or Tzatziki sauce)

Directions

- For each tortilla, spread 1 tbsp of dressing/sauce, 1/2 chicken breast sliced (if using), 2 green leaves of lettuce, 1/4 cup carrot, 1 tbsp red onion, 1/4 cup peppers and 2 tbsp cheese.
- Fold opposite ends in and roll from a non-folded end. Slice in half and wrap in parchment paper.

Adapted from Manitoba's Making the Move to Healthy Choices – Tournament/Competition Menu Items.

whole wheat Mac & Cheese

Ingredients (6 Servings)

1 1/2 cups	whole wheat macaroni
3 tbsp	non-hydrogenated soft margarine
3 tbsp	all-purpose flour
1/4 tsp	salt
2 cups	milk (skim, 1% or 2%)
2 cups	shredded Cheddar cheese (lower fat medium or sharp)
1/4 cup	dry whole wheat bread crumbs

Ingredients (18 Servings)

4 1/2 cups	whole wheat macaroni
9 tbsp	non-hydrogenated soft margarine
9 tbsp	all-purpose flour
3/4 tsp	salt
6 cups	milk (skim, 1% or 2%)
6 cups	shredded Cheddar cheese (lower fat medium or sharp)
3/4 cup	dry whole wheat bread crumbs

Directions

- Preheat oven to 350°F (180°C). Grease 11 x 7 inch (2 L) baking dish.
- Cook macaroni according to package directions until tender to the bite. Drain.
- Meanwhile, in a large heavy saucepan, melt margarine over medium heat. Whisk in flour and salt to make a smooth paste. Whisk in milk, 1/2 cup at a time. Cook, stirring frequently, until sauce thickens, about 5 minutes. (Add more milk if sauce is too thick). Remove from heat and stir in pepper. Stir in cheese until melted. Stir in macaroni until well coated.
- Transfer macaroni and cheese to prepared baking dish. Sprinkle with bread crumbs.
- Bake in preheated oven for about 15 minutes or until topping is golden.

Adapted from Simply Great Food, Dietitians of Canada.

quick Spaghetti sauce

Ingredients (12 Servings)

1 lb (0.45 kg)	lean or extra lean ground beef
1/4 cup	carrot, diced
1/4 cup	celery, diced
1/4 cup	green bell pepper, diced
1/4 cup	onions, diced
2 tbsp	garlic, minced
1 tsp	chili powder
1 tsp	paprika
1/4 tsp	hot pepper flakes
1/4 tsp	black pepper
1 can (28 oz/796 ml)	diced tomatoes (reduced sodium)
1 can (14 oz/398 ml)	tomato sauce (reduced sodium

Ingredients (36 Servings)

3 lbs (1.36 kg)	lean or extra lean ground beef
3/4 cup	carrot, diced
3/4 cup	celery, diced
3/4 cup	green bell pepper, diced
3/4 cup	onions, diced
6 tbsp	garlic, minced
3 tsp	chili powder
3 tsp	paprika
3/4 tsp	hot pepper flakes
3/4 tsp	black pepper
3 cans (28 oz/796 ml)	diced tomatoes (reduced sodium)
3 cans (14 oz/398 ml)	tomato sauce (reduced sodium)

Directions

- In saucepan, over medium heat; cook ground beef. Drain off fat.
- Add onions, carrot, celery and green bell pepper and cook until softened, about 5 minutes.
- Add garlic, chili powder, paprika, hot pepper flakes and black pepper; cook for 2 minutes.
- Add tomatoes and tomato sauce; bring to boil, stirring often. Reduce to low heat and simmer, about 12 minutes.

Serve 1/2 cup of sauce over spaghetti or other noodles.

taco Wrap

Ingredients (10 Servings)

1 lb (0.45 kg)	lean or extra lean ground beef
1/2 medium	onion, chopped
1 can (14 oz/ 398 ml)	refried beans or canned, rinsed mixed beans
1 can (19 oz/ 540 ml)	diced tomatoes (reduced sodium)
1/2 cup	salsa
1 1/4 cups	shredded skim milk mozzarella cheese
10	medium soft tortillas (whole wheat)
1	tomato, chopped
1/2	sweet green bell pepper, chopped
	Shredded lettuce
	Light sour cream or plain yogurt (optional)

Ingredients (30 Servings)

3 lbs (1.36 kg)	lean or extra lean ground beef
1 1/2 medium	onion, chopped
3 cans (14 oz/ 398 ml)	refried beans or canned, rinsed mixed beans
3 cans (19 oz/ 540 ml)	diced tomatoes (reduced sodium)
1 1/2 cups	salsa
3 3/4 cups	shredded skim milk mozzarella cheese
30	medium soft tortillas (whole wheat)
3	tomatoes, chopped
1 1/2	sweet green bell peppers, chopped
	Shredded lettuce
	Light sour cream or plain yogurt (optional)

Directions

- In saucepan, over medium heat, cook ground beef. Drain off fat.
- Add onion, beans, tomatoes and salsa and simmer for 15 minutes.
- **Option 1:** Serve as ordered – On a tortilla, place a scoop of meat/bean/tomato mixture. Top with 2 tbsp cheese, lettuce, tomato, green pepper and salsa. Roll up and serve.
- **Option 2:** Pre-make and freeze – On a tortilla, place a scoop of meat/bean/tomato mixture and 2 tbsp of cheese. Roll up and optional to wrap with foil. Re-heat in the oven or microwave and serve with lettuce, tomato, peppers, salsa and sour cream or yogurt (optional) on the side.

Adapted from Alan S. Kesselheim. Camp Cook's Companion A Pocket Guide. 2002.

chicken & cheese Quesadillas

Ingredients (4 Servings)

4	large soft tortillas (whole wheat)
2	chicken breasts, diced
3 cups	chopped vegetables (such as peppers, mushrooms and/or green onions)
1 cup	shredded skim milk mozzarella cheese
4 tbsp	sliced olives or sun dried tomatoes (optional)
	Salsa
	Light sour cream or plain yogurt (optional)

Ingredients (12 Servings)

12	large soft tortillas (whole wheat)
6	chicken breasts, diced
9 cups	chopped vegetables (such as peppers, mushrooms and/or green onions)
3 cups	shredded skim milk mozzarella cheese
3/4 cup	sliced olives or sun dried tomatoes (optional)
	Salsa
	Light sour cream or plain yogurt (optional)

Directions

- Heat a non-stick frying pan over medium heat. Grill chicken and vegetables. Set aside.
- Place tortilla on a flat surface. On 1/2 the tortilla, layer 2 tbsp of cheese, 1/2 chicken breast, 3/4 cup chopped vegetables, olives or tomatoes (if using) and top with another 2 tbsp of cheese. Fold tortilla in half to enclose the fillings.
- Place in frying pan and cook until lightly browned, flip and cook second side.
- Remove from frying pan and cut into 4 wedges.

Offer with salsa and light sour cream or yogurt on the side.

Adapted from ActNowBC, Healthy Eating for Seniors.

easy Coleslaw

Ingredients (8 Servings)

6 cups	finely shredded green cabbage, about 1/2 head
2 cups	carrot, shredded
3	green onions, finely sliced
Dressing	
1/4 cup	apple cider vinegar
2 tbsp	olive oil
1 tsp	celery seed
1 tsp	sugar
1/2 tsp	black pepper

Ingredients (24 Servings)

18 cups	finely shredded green cabbage, about 1 1/2 head
6 cups	carrot, shredded
9	green onions, finely sliced
Dressing	
3/4 cup	apple cider vinegar
6 tbsp	olive oil
3 tsp	celery seed
3 tsp	sugar
3/4 tsp	black pepper

Directions

- Add all the salad ingredients in a large bowl and set aside.
- In a small bowl, whisk together the dressing ingredients. Pour over the salad and toss to coat.
- Cover and let sit in the fridge for at least 1 hour or overnight.

Adapted from the Heart and Stroke Foundation, www.heartandstroke.com.

fast & easy bean Salad

Ingredients (12 Servings)

1 can (14 oz/ 398 ml)	green beans
1 can (14 oz/ 398 ml)	yellow beans
1 can (19 oz/ 540 ml)	black beans
1 can (12 oz/ 341 ml)	corn
1	white onion, sliced into rings
1	green pepper, seeded and sliced into rings
Tarragon vinaigrette	
1/4 cup	canola oil
1/4 cup	white vinegar
2 tbsp	granulated sugar
1 tsp	dry mustard
1	clove garlic, minced
1 tsp	dried tarragon
1 tsp	dried basil

Ingredients (36 Servings)

3 cans (14 oz/ 398 ml)	green beans
3 cans (14 oz/ 398 ml)	yellow beans
3 cans (19 oz/ 540 ml)	black beans
3 cans (12 oz/ 341 ml)	corn
3	white onions, sliced into rings
3	green peppers, seeded and sliced into rings
Tarragon vinaigrette	
3/4 cup	canola oil
3/4 cup	white vinegar
6 tbsp	granulated sugar
3 tsp	dry mustard
3	cloves garlic, minced
3 tsp	dried tarragon
3 tsp	dried basil

Directions

- Drain and rinse green beans, yellow beans, black beans and corn. Mix in a large bowl.
- To prepare vinaigrette, whisk together canola oil, vinegar, sugar, mustard, garlic, tarragon and basil. Pour onto bean mixture prior to serving. Garnish with onion and green pepper rings.

Adapted from the Heart and Stroke Foundation, www.heartandstroke.com.

easy Hummus

Ingredients (1 1/2 cups)

1 can (19 oz/ 540 ml)	chickpeas
3 tbsp	lemon juice
2 tbsp	canola or olive oil
1 tsp	ground cumin
2	garlic cloves, chopped or crushed
	salt and pepper to taste

Ingredients (5 cups)

3 cans (19 oz/ 540 ml)	chickpeas
9 tbsp	lemon juice
6 tbsp	canola or olive oil
3 tsp	ground cumin
6	garlic cloves, chopped or crushed
	salt and pepper to taste

Directions

- Drain chickpeas. Place in blender or food processor.
- Add garlic, cumin, lemon juice and canola (or olive) oil.
- Blend or process until smooth. Add a small bit of water, if needed.
- Add pepper to taste.

tasty Yogurt

Ingredients (3/4 cup)

3/4 cup	plain yogurt
1/2 tsp	dried dill weed
1/2 tsp	onion powder

Ingredients (3 cups)

3 cups	plain yogurt
2 tsp	dried dill weed
2 tsp	onion powder

Directions

- Mix all ingredients together in a bowl.
- Refrigerate until needed.

Serve as a dip with a variety of vegetables.

yogurt Parfait

Ingredients (1 Serving)

1/2 cup	fruit flavoured yogurt (2% or less M.F)
1/2 cup	fresh, frozen, or canned fruit of your choice
1 tbsp	granola or high fibre cereal

Directions

- Spoon half of yogurt into a clear glass or dessert bowl. Top with half of fruit. Repeat layers.
- Sprinkle with granola.

Adapted from Manitoba's Making the Move to Healthy Choices – Tournament/Competition Menu Items.

fruit Smoothie

Ingredients (1 Serving)

3/4 cup	skim milk
2 tbsp	frozen orange juice concentrate
1	banana
2	strawberries
4	ice cubes (if using frozen fruit, omit the ice)

Ingredients (10 Servings)

7 1/2 cups	skim milk
1 1/3 cups	frozen orange juice concentrate
10	bananas
20	strawberries
40	ice cubes (if using frozen fruit, omit the ice)

Directions

- If using fresh, wash the strawberries and take out the stem.
- Peel the banana and chop into chunks.
- Add all ingredients into the blender. Cover and blend on high speed until smooth.
- Pour into a cup and enjoy.

Hint: Pre-prepare the fruit smoothie ingredients. In a freezer safe container, measure out the strawberries, frozen orange juice concentrate and banana. Freeze. When fruit smoothie is requested, take out frozen mix and place in blender. Add milk, banana and optional ice cubes and blend.

Adapted from Manitoba's Making the Move to Healthy Choices – Tournament/Competition Menu Items.

SECTION 8

Additional Resources

EASTERN HEALTH

Regional Nutritionist:

St. John's and Area

(709) 752-4422

Rural Avalon and Burin & Bonavista Peninsulas

(709) 229--1605

CENTRAL HEALTH

Regional Nutritionist:

Gander

(709) 651-6335

WESTERN HEALTH

Regional Nutritionist:

Corner Brook

(709) 637-5000, ext: 5257

LABRADOR–GRENFELL HEALTH

Regional Nutritionist:

St. Anthony

(709) 454-0320

Happy Valley- Goose Bay

(709) 897-2330

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