



# Young Athletes Nutrition Guide

**Special Olympics**  
**Olympiques spéciaux**  
Canada



“Healthy nutrition helps to build many strong foundations in young Special Olympics Athletes. Not only will it help to fuel physical activity and sport, but sound nutrition contributes to a healthy body weight, optimal growth and development and disease prevention.”





*Special Olympics*  
*Olympiques spéciaux*  
Canada



# Young Athletes Nutrition Guide

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# Young Athletes Nutrition Guide

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# Young Athletes Nutrition Guide

## Introduction

Feeding your young athlete is more than just putting food on the table; it is about making healthy decisions at the grocery store, filling your young athletes' lunchbox with the appropriate food to get them through the day, and helping them make the right choices towards a lifestyle of healthy eating.

Special Olympics Canada recognizes the importance of good nutrition in supporting athletes both on the field of play and in their daily lives. For this reason, Special Olympics Canada has produced a nutrition guide that can give your young athlete the fuel to participate fully in our youth programs, Active Start or FUNdamentals, while developing strong, healthy eating habits for a lifetime of activity.

To accomplish the goal of developing guidelines and support for a healthy lifestyle, Special Olympics Canada has sought out a registered dietitian to create a nutrition guide that will equip caregivers with nutritional information and easy recipes for breakfast, lunch, dinner, and snacks, while incorporating fun activities that will allow your young athlete a chance to develop a love for healthy food.

Jennifer Gibson, a registered dietitian, has worked with a number of sport organizations, providing nutritional advice and guidance to athletes from Canada's women's soccer team, Canada Snowboarding, and Softball Canada. Whether it's a "Breakfast Frittata" or "Crunchy Fish Burgers", Jennifer has drawn on her vast experience, offering resources and recipes that are both simple to make while providing the fuel your young athlete needs. We are pleased to have collaborated with Jennifer on this guide.

We know that fundamental movement skills and physical literacy are crucial components for future involvement in sport, which is why we developed Active Start and FUNdamentals. We also realize the importance of fuelling your young athlete with the optimal nutrition so they can learn and execute the skills required by the programs. We hope that our Young Athletes Nutrition Guide is a useful tool to help keep your young athlete active for life!

## **Special Olympics Canada Young Athletes Nutrition Guide - Developing Healthy Eating For Life!**

The Special Olympics Canada Young Athletes Nutrition Guide is a resource for athletes, coaches, parents, teachers, and caregivers. The guide is to be used to help young athletes build a foundation of healthy eating skills that complement the physical activity skills developed in the Young Athletes Program. Because young athletes can have multiple caregivers throughout the day, everyone involved in their care should use the guide to ensure consistency in daily nutrition.

## Young Athletes Nutrition Guide

The Young Athletes Nutrition Guide includes:

- Healthy nutrition guidelines for young athletes with an intellectual disability
- Interactive healthy eating activities for young athletes
- Easy and nutritious recipes
- Nutrition resources and references

Working hand in hand, a healthy diet and physical activity are truly a winning combination!

“It seems to me that our three basic needs for food, security, and love, are so mixed, mingled, and intertwined that we cannot think of one without the other.”

**M.F.K. Fisher**





food

security

love



# Young Athletes Nutrition Guide

## Nutrition for Young Athletes with an Intellectual Disability

Young athletes with an intellectual disability may be at risk of having inadequate nutrition. If nutrition is left unmanaged, they are at risk for poor health status and future complications like obesity/overweight, vitamin deficiencies, poor growth/development, cardiovascular disease, diabetes, and high blood pressure. Healthy eating in childhood is critical for maintaining overall health as well as a healthy body weight. A foundation of education, physical activity, and a palate for healthy eating will help young athletes develop a healthy lifestyle now and for the future.

Healthy nutrition in childhood can also help to:

- aid in optimizing physical growth, bone development, and maturation.
- increase alertness, energy, and stamina to participate in sport, therapies, educational activities, and social interactions.
- reduce frequency of illnesses.
- improve feeding and coping skills, which increases independence.

In order to maintain a healthy body weight and support optimal development, young athletes should be following Canada's Food Guide and eating their recommended food guide servings every day. Nutrition during childhood should stress variety and exposure to new foods and flavours to encourage an adventurous palate.

### Balanced Meals Made Easy Using Canada's Food Guide

- Core Meals (breakfast, lunch, and dinner): aim for at least 3 of the 4 food groups.
- Snacks: aim for at least 1 to 2 of the 4 food groups.

### Is your young athlete's food intake meeting his or her needs?

1. Use Table 1 to find out your young athlete's recommended food guide servings per day from each food group.
2. Go to the activities section for fun and interactive games that focus on achieving daily intake goals.
3. Download a free copy of Canada's Food Guide and print copies of "My Food Guide" servings tracker. Track all foods consumed for a few days and compare to your young athlete's needs. [Canada.ca/foodguide](https://Canada.ca/foodguide)

# Young Athletes Nutrition Guide

**Table 1. Daily Food Guide Servings for Young Athletes (2 to 13 years old)**

*Recommended Number of Food Guide Servings per Day*

*What is One Food Guide Serving?  
Look at the examples below.*

Age in Years Sex	Children						
	2-3	4-8	9-13	Girls and Boys			
<b>Vegetables and Fruit</b>	<b>4</b>	<b>5</b>	<b>6</b>	 <b>Fresh, frozen or canned vegetables</b> 125 mL (½ cup)  <b>Leafy vegetables</b> Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)  <b>Fresh, frozen or canned fruits</b> 1 fruit or 125 mL (½ cup)  <b>100% Juice</b> 125 mL (½ cup)			
<b>Grain Products</b>	<b>3</b>	<b>4</b>	<b>6</b>	 <b>Bread</b> 1 slice (35 g)  <b>Bagel</b> ½ bagel (45 g)  <b>Flat breads</b> ½ pita or ½ tortilla (35 g)  <b>Cooked rice, bulgur or quinoa</b> 125 mL (½ cup)  <b>Cereal</b> Cold: 30 g Hot: 175 mL (¾ cup)  <b>Cooked pasta or couscous</b> 125 mL (½ cup)			
<b>Milk and Alternatives</b>	<b>2</b>	<b>2</b>	<b>3-4</b>	 <b>Milk or powdered milk (reconstituted)</b> 250 mL (1 cup)  <b>Canned milk (evaporated)</b> 125 mL (½ cup)  <b>Fortified soy beverage</b> 250 mL (1 cup)  <b>Yogurt</b> 175 g (¾ cup)  <b>Kefir</b> 175 g (¾ cup)  <b>Cheese</b> 50 g (1½ oz.)			
<b>Meat and Alternatives</b>	<b>1</b>	<b>1</b>	<b>1-2</b>	 <b>Cooked fish, shellfish, poultry, lean meat</b> 75 g (2½ oz.) / 125 mL (½ cup)  <b>Cooked legumes</b> 175 mL (¾ cup)  <b>Tofu</b> 150 g or 175 mL (¾ cup)  <b>Eggs</b> 2 eggs  <b>Peanut or nut butters</b> 30 mL (2 Tbsp)  <b>Shelled nuts and seeds</b> 60 mL (¼ cup)			



## 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 margarine that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Source: © All rights reserved. *Eating Well with Canada's Food Guide*. Health Canada, 2007. Modified and reproduced with permission from the Minister of Health, 2016.

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# Young Athletes Nutrition Guide

## What About Other Foods?

Follow Canada's Food Guide by eating the recommended amount and type of food each day. People should also limit foods and beverages high in calories, fat, sugar or salt (sodium) such as: • cakes and pastries • chocolate and candies • cookies and granola bars • ice cream and frozen desserts • doughnuts and muffins • french fries • potato chips, nachos and other salty snacks • alcohol • fruit flavoured drinks • soft drinks • sports and energy drinks • sweetened hot or cold drinks.

### Instead of...

### Choose...

Soft drinks and other high sugar beverages

Water, milk, or unsweetened fortified soy beverage

High-fat and sugar snacks and desserts like muffins, scones, cookies, doughnuts, pie, cake, ice cream, chips, candy, and chocolate

A variety of fruits, yogurt, fruit cups (packed in fruit juice), granola bars, baked chips, whole grain pretzels, or unsalted nuts

Fast food meals like burgers, hotdogs, fries, pizza, or fried chicken

Healthier entrées like chicken burgers, vegetarian pizza and wraps on whole wheat bread/crusts.

Sides like salads, fruit, or baked potatoes.

Note: Avoid adding gravy, bacon, butter.

For more tips, visit <http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-sainealimentation/tips-conseils/eating-out-manger-exterieur-eng.php>

# Top 5

## Healthy Snacks For Young Athletes

1. Plain yogurt with any whole fresh fruit.
2. Whole wheat toast with peanut butter and banana.
3. Raw veggies (like carrots) with cheese.
4. Handful of unsalted trail mix with glass of milk or unsweetened fortified soy beverage.
5. Dried fruit like apricots or figs with cottage cheese.



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# Young Athletes Nutrition Guide

## Fuelling with Fluids

Staying hydrated ensures that your young athlete can optimally perform in sport, school, and at home. Fluids play a critical role in our body, performing a variety of tasks, including:

- optimal body functioning on every level including cognition, digestion, muscular functions, and joint lubrication.
- removal of waste products and transporting nutrients.

In addition to daily fluid needs, hydration before, during, and after sport ensures optimal performance and prevents heat-related illness and injury. Have your young athlete follow this 3-step plan for optimal hydration around sport.

### STEP 1 - Pre-hydration Primer

- Drink at least 1 to 2 cups (250 to 500 ml) of fluid approximately 1 to 2 hours before practice or competition.

### STEP 2 - During-Sport Drinking

- Encourage your young athlete to drink at least 2 to 3 large gulps of fluid (water is best) every 15 to 20 minutes. This is especially important in the heat.

### STEP 3 - Post-Sport Refill

- Replacing fluids should be a top priority. Aim for a minimum of 1 to 2 cups (250 ml to 500 ml) of water or milk right away and in the hours following exercise.

## First Place Fluids

Water and milk are the best fluid choices. For variety, add orange, lemon, or cucumber slices to your water.

# Young Athletes Nutrition Guide

## Special Dietary Needs

Some young athletes with an intellectual disability may have additional dietary needs. Table 2 provides suggestions for optimizing nutrition in some common nutrition-related health issues. Consult with your doctor and a registered dietitian before making dietary changes. Working with these professionals will provide an individualized plan that will meet your young athlete's unique nutrition needs.

**TABLE 2: Strategies for Common Nutrition-Related Health Issues**

Health Issue	Nutrition Suggestions
Constipation	<ul style="list-style-type: none"><li>• Increase intake of water, juice, and foods with high water content. For example, vegetables and fruit are approximately 90% water.</li><li>• Increase intake of foods that are high in fibre such as whole grain breads, crackers, and cereals; raw, cooked or dried fruits such as prunes; vegetables, and legumes such as beans, lentils, and split peas.</li><li>• Consider supplemental fibre products and consult your healthcare professional.</li></ul>
Diarrhea	<ul style="list-style-type: none"><li>• Short-term (acute) diarrhea can cause dehydration and electrolyte loss. Consider a rehydration drink and consult your healthcare professional.</li><li>• Long-term (chronic) diarrhea caused by medications or food intolerances can cause nutrient deficiencies. Consult your doctor and dietitian.</li></ul>
Underweight	<ul style="list-style-type: none"><li>• Incorporate high-calorie snacks like milkshakes, trail mix, cheese, and granola.</li><li>• Add sauces, fats, and spreads to foods. For example, spread peanut butter on fruit and add salad dressings to veggies, margarine or oil to rice or pasta.</li><li>• Consider supplemental nutrition products and consult your healthcare professional.</li></ul>
Overweight	<ul style="list-style-type: none"><li>• Consult with your doctor and dietitian about healthy weight management. Young athletes should not be placed on calorie-restricted diets while they are still growing.</li><li>• The whole family should follow Canada's Food Guide, limit screen time and incorporate more daily physical activity.</li></ul>

## Young Athletes Nutrition Guide

Health Issue	Nutrition Suggestions
Feeding Problems	<ul style="list-style-type: none"><li>• Certain behaviours such as avoiding certain foods due to colour, texture, or taste can result in decreased variety and increased risk of nutrient deficiencies. Consulting your doctor and dietitian and/or a behavior analyst is recommended.</li><li>• Consider creating an interactive relationship with food by<ul style="list-style-type: none"><li>- letting the young athlete help with food preparation.</li><li>- talking about different foods: where they come from and their colours and textures.</li><li>- having a tasting “party” to try new foods.</li><li>- letting the young athlete shop for foods at the grocery store.</li><li>- helping the young athlete plant a vegetable garden.</li></ul></li><li>• Chewing and swallowing difficulties may limit the type and texture of foods that are safe for the young athlete to eat. This may compromise overall nutrition and hydration status. Consulting with your doctor and dietitian and/or a swallowing specialist is recommended.</li></ul>

### Does my Young Athlete Need Special Dietary Supplements?

Parents and caregivers are cautioned against using dietary supplements, including vitamins, herbs, and various pills and powders without first consulting a health care professional. Some supplements can produce medication interactions and may pose a health risk.

If a supplement claim sounds too good to be true, it often is. Supplements should not be used as a “crutch” for unhealthy eating habits. The best and highest quality source of vitamins and minerals is directly from the original source – food!

Visit [www.dietitians.ca](http://www.dietitians.ca) to locate a  
Registered Dietitian in your area or ask  
your family physician for a referral.

*Reference: Nutrition Interventions for Children with Special Health Care Needs. Washington State Health Department, 2002*

# Young Athletes Nutrition Guide

## Getting Started! 10 Healthy Eating Changes

Incorporating healthy eating is easier than you think. Try these 10 healthy eating changes to jump-start a healthy diet for your young athlete and the entire family.

Instead Of...	Try this Healthy Eating Change...
Using food as a reward for good behaviour, to calm your young athlete, or to coerce him/her to do something.	Reward with verbal praise or a hug. Start a “gold star” behaviour chart and reward with a visit to the movies or a trip to a favourite playground.
Allowing your young athlete to eat and access food whenever and wherever he/she wants throughout the day.	Control access by having structured meal and snack times. Aim to eat every 3 to 4 hours. Any longer will cause hunger, which increases sweet cravings and overeating.
Preparing and eating meat every day.	Have meat alternatives such as beans, lentils and tofu often. These foods provide a boost of fibre, less fats, and other nutrients.
Shopping for groceries when you run out, without a shopping list or meal plan.	Develop a daily meal schedule for your family. This will save you time and money. Create a grocery shopping list that complements the plan and stick to it, shopping regularly.
Buying foods that seem the quickest to prepare.	Read the nutrition information on packaged food before you buy them. Look at the Nutrition Facts table and at the ingredient list.
Making the same meals over and over again, which may create boredom and discourage variety.	Try a new recipe every 2 weeks. Start by using the recipes found in this guide. There are thousands of free recipes online as well as cookbooks with nutrient-dense, easy-to-prepare, delicious meals.
Not including the young athlete in grocery shopping or meal preparation.	Have your young athlete actively help you grocery shop and prepare meals. Not only will this help to focus behavior, it teaches valuable skills and knowledge of healthy eating, which can help increase independence in adulthood.
Stocking your fridge with an endless variety of beverage choices.	Switch to water and milk as your primary fluid choices. Some juices, sport drinks, and colas are loaded with sugar and caffeine and can contribute to dental cavities and extra calories.



## Young Athletes Nutrition Guide

### Instead Of...

Serving adult size portions and reprimanding the young athlete if he/she does not finish the entire plate of food.

Giving up on a food if your young athlete initially refuses to eat it or not letting him try a new food.

### Try this Healthy Eating Change...

Serve portions that follow the young athlete's needs from Canada's Food Guide. Allow your child to eat until he/she feels full, but emphasize that he/she must eat equally from each food group. Children are often great self-regulators of appetite. Remember that young athletes who are tired or who have just exercised hard may not feel like eating right away.

Don't give up on certain foods. Palates and tastes change with time. Try serving the food at a different temperature, with different sauces or spices, and at different meals. Reinforce and reward when he/she makes an effort to try something new!



### Websites

Bake Better Bites: Recipes and Tips for Healthier Baked Goods  
[www.healthyeatingatschool.ca/category/resources](http://www.healthyeatingatschool.ca/category/resources)

Brand Name Food List  
[www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)

Canadian Diabetes Association  
[www.diabetes.ca](http://www.diabetes.ca)

Canada's Physical Activity Guide for Healthy Living  
[www.phac-aspc.gc.ca/pau-uap/paguide](http://www.phac-aspc.gc.ca/pau-uap/paguide)

HealthLink BC's Dietitian Services  
[www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)

Dietitians of Canada  
[www.dietitians.ca](http://www.dietitians.ca)

Eating Well with Canada's Food Guide  
[Canada.ca/FoodGuide](http://Canada.ca/FoodGuide)

Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis  
[Canada.ca/FoodGuide](http://Canada.ca/FoodGuide)

Health Canada  
[www.healthcanada.ca](http://www.healthcanada.ca)

Healthier Foods: How to Make Fun-Fast-Foods Healthier for Students Fact Sheet  
[www.healthyeatingatschool.ca/category/resources](http://www.healthyeatingatschool.ca/category/resources)

Sip Smart! BC  
[www.bcpeds.ca/sipsmart](http://www.bcpeds.ca/sipsmart)

Stay Active, Eat Healthy  
[www.stayactiveeathealthy.ca](http://www.stayactiveeathealthy.ca)

# Nutrition Resources

## Resources

Down Syndrome Nutrition Handbook - A Guide to Promoting Healthy Lifestyles. (2002).

By: Joan G. Medlin, RD.

**[www.downsyndromenutrition.com/tools/books/78-down-syndrome-nutrition-handbook](http://www.downsyndromenutrition.com/tools/books/78-down-syndrome-nutrition-handbook)**

Nutrition Focus Newsletter for Children with Special Health Care Needs.

Center on Human Development and Disability University of Washington

(206) 685-1297; Fax: (206) 543-5771

Nutrition Interventions for Children with Special Health Care Needs (2002)

Washington State Health Department

**[www.depts.washington.edu/cshcnut](http://www.depts.washington.edu/cshcnut)**

Special Olympics – Healthy Athlete Resources

Are You A Healthy Athlete? is a booklet designed to enhance participation in Healthy Athletes® screenings held during Special Olympics competitions.

**[www.specialolympics.org/healthy\\_athletes\\_resources.aspx](http://www.specialolympics.org/healthy_athletes_resources.aspx)**

Special Olympics BC

Nutrition Resources

**[www.specialolympics.bc.ca/healthy-athletes-resources](http://www.specialolympics.bc.ca/healthy-athletes-resources)**

Special Olympics Ontario

Physical Activity Healthy Living (PAHL) Nutrition Guide

**[pahl.specialolympicsontario.ca/pahl-nutrition-guide](http://pahl.specialolympicsontario.ca/pahl-nutrition-guide)**

# Interactive Elements

## **A. Healthy Eating Activities**

- 10 fun activities for young athletes, parents, and caregivers

## **B. Healthy Shopping List for Parents and Caregivers**

- Features tips on how to read ingredient panels and food labels.

## **C. Healthy Recipes**

- 10 breakfast, 10 lunch, 10 dinner, 10 snacks







# Healthy Eating Activities

10 fun activities for young athletes that focus on healthy nutrition based on Canada's Food Guide recommendations.



## My Food Guide Rainbow

### What you will need

- Copy of Canada's Food Guide [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)
- Paper and crayons or pencil crayons

### Directions

1. Review Canada's Food Guide Rainbow describing how each colour represents a food group.  
Review recommended daily servings from each group.  
Green = Vegetables and Fruit  
Yellow = Grain Products  
Blue = Milk and Alternatives  
Red = Meat and Alternatives
2. Have your young athlete think about what their favorite foods are from each food group.
3. Using crayons and paper, have them create their own personal Food Guide rainbow by drawing favourite foods as they fit in each coloured food group.
4. Review the daily serving recommendations from each group and have them draw the number of servings from each group somewhere on the rainbow.





## My Eat Well Plate

### What you will need

- Paper plates
- Crayons or pencil crayons
- Pen or marker
- Canada's Food Guide [Canada.ca/FoodGuide](http://Canada.ca/FoodGuide)

### Directions

1. Using a pen or marker, divide a paper plate into 4 sections by drawing a cross through the centre.
2. Review each of the food groups found in Canada's Food Guide. Remember: healthy, balanced meals include at least 3 choices but ideally 4 choices from each of the 4 food groups.
3. Have your young athlete draw their favorite foods from the 4 food groups onto each section of the paper plate. Have them create separate plates for a "healthy" breakfast, lunch, and dinner.
4. At meal times, using real foods, have your athlete portion out their plate the same way. Repeating the food groups to which each food choice belongs.

For an interactive activity, visit [http://healthycanadians.gc.ca/eating-nutrition/healthy-eatingsaine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-mangereng.php?src=ffoodguideeatwellplate\\_15&medium=banner\\_en&content=&campaign=topic\\_footer](http://healthycanadians.gc.ca/eating-nutrition/healthy-eatingsaine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-mangereng.php?src=ffoodguideeatwellplate_15&medium=banner_en&content=&campaign=topic_footer)

## Name This Food

### What you will need

- Something to blindfold your young athlete (ie. scarf, bandana)
- About 20 different foods, including choices from each of the food groups (be cautious of all allergies)

### Directions

1. Blindfold the athlete and have him/her identify the food through smell and touch. It may be an apple, or a cashew, or a pear.
2. Have them taste each healthy food and then guess what food it is.
3. Challenge them by having him/her guess which food group it belongs in.
4. Challenge them further by asking how many servings he/she needs per day from this group.

### What you will need

- Large piece of parchment paper
- Crayons or pencil crayons
- Foods, pictures or food containers from each of the food groups plus fluids
- Examples of foods that work:
  - Vegetables and Fruit: use whole fresh fruits and veggies, canned fruit, applesauce
  - Grain Products: use pasta (in package), rice in baggie, piece of bread or bagel, cereal in baggie
  - Milk and Alternatives: use empty yogurt containers, milk carton, cheese slices (in plastic)
  - Meat and Alternatives: use a can of tuna, a box of frozen meat with picture on cover, and a can of beans
  - Fluids: use water bottles and milk containers
  - Include “other” food items: candy, soft drinks, chips, doughnuts

**NOTE:** Grocery store flyers are a good source of pictures of foods.

### Directions

1. Have your young athlete lie down on the parchment paper and trace the outline of his/her body.
2. At this point, he/she can get creative and try to draw more distinct features of himself such as eyes, ears, and t-shirt.
3. Using the foods from each of the groups, ask him/her to guess what parts of the body each food group nourishes.
4. Every time an “other” food item is selected, explain that it doesn’t perform a healthy function.

## Food Group Art

### What you will need

- Paper
- Paint and paint brush
- Glue and/or tape
- Foods from the four food groups to be used for stamping or gluing to paper
- Foods that work well:
  - Dried veggies and fruit
  - Pasta or rice
  - Beans and nuts
  - Processed cheese slices

**NOTE:** Grocery store flyers are a good source of pictures of foods.

### Directions

1. Working with your young athlete, select 1 to 2 foods from each of the four food groups, ensuring that he/she can identify each of them within their respective group.
2. Using a paintbrush, brush the surface of the food or dip the food in the paint.
3. Use the food to make creative prints on the paper. You can also choose to glue foods or food pictures to the paper.
4. Get creative! The only rule is that the final food art creation has to include a food from each of the four food groups.



## Food Group Bingo

### What you will need

- Paper to create bingo cards
- Marker and ruler
- Food images from each of the 4 food groups and “other foods” - found online, in grocery store flyers, or stickers
- Items like beans to mark bingo cards
- A container to store the master bingo food images

### Directions

1. Create a set of standard images to be used on bingo cards.
2. Using the four food groups and “other foods” as columns, create a set of bingo cards.
3. Print out the bingo boards and laminate if you wish.
4. Call out the food and food group and play as usual. This is a fun way to reinforce shape recognition and work on association of foods within the food groups.

## Seedling Planter Box

### What you will need

- 1L or 2L milk cartons - one for each planter box
- Scissors
- Pen
- Popsicle stick - one for each planter box
- Herbs or vegetable seeds of your choice
- Potting soil

### Directions

1. Cut the milk carton down to about 10 cm high.
2. Cut three or four small slits in the bottom for drainage.
3. Add potting soil and seeds.
4. Write the name of the plant on the popsicle stick and place in the soil as a plant marker.

### REFERENCE:

BC Dairy Foundation



# How to choose foods when

## What you will need

- Any menu with pictures or have your young athlete make his/her own menus
- Use pictures of foods in flyers from your local grocery store or old magazines
- Glue
- Paper plate or toy plate
- Disposable cup or toy cup
- Napkins
- Toy cutlery if available

## REFERENCE:

[www.atozteacherstuff.com](http://www.atozteacherstuff.com)





# healthy eating out!



## Directions

1. Use menu provided or have him/her make menus with pictures of vegetables and dinners from flyers or magazines.
2. Help him/her to set up a play kitchen and restaurant area with play food or pictures of food.
3. Encourage him/her to set the table with a plate, cup, napkin, and toy cutlery if available.
4. Encourage him/her to take turns being the server, cook, and customer. Encourage him/her to order foods from the different food groups.

This can be a great opportunity to teach proper table manners such as sitting down at the table to eat, not talking with food in his/her mouth (to decrease risk of choking), and not taking food from someone else's plate unless invited to do so.

## Give Me 5!

### Learning about the Vegetables and Fruit Group

#### What you will need

- Pictures of foods found in flyers from your local grocery store or old magazines
- Construction paper
- Crayons
- Pencils
- Optional: sample of real vegetables and fruit. If possible, include less well-known vegetables and fruits such as kiwi fruit and eggplant.

#### Directions

1. Ask your young athlete where vegetables and fruit come from:
  - Some grow on trees; for example, oranges, apples, bananas
  - Some grow in the ground; for example, potatoes, beets, carrots
  - Some grow on vines or plants; for example, peas, corn, melons
2. Ask them to show you with his/her fingers the minimum number of vegetable and fruit servings needed each day. The answer would be 4 servings (fingers) for 2 to 3 year-olds, 5 servings (fingers) for 4 to 8-year olds, and six servings (fingers) for 9 to 13 year-olds.
3. Show pictures of vegetables and fruit or display the real thing.  
Discussion Questions:
  - What is this food?
  - Have you tried this food?
  - Why is it good to eat many different kinds of vegetables and fruit?Sample Answers:
  - It gives us different tastes and textures.
  - It lets us explore new foods.
  - It provides the many nutrients our body needs.
4. Pass out construction paper. Have him/her trace her hand with a pencil to make a food tree remembering that he/she may need assistance.
5. In each branch of the tree, have him/her write about or draw a favourite fruit or vegetable.

ACTIVITY FROM:

[www.atozteacherstuff.com](http://www.atozteacherstuff.com)

### That Keep Kids at the Table

#### **I Spy**

- The parent/caregiver says: "I spy with my little eye, something that is orange and crunchy."
- Instruct your young athlete that instead of answering with a word, like carrot, he is to take a bite of the answer.
- The first person to take a bite (and chew and swallow) goes next.

#### **Lucky Vegetables**

- Young athletes roll a dice and must eat that number of bites of a vegetable. The winner is the first person to finish her vegetables.

#### **Goober Goat**

- One young athlete starts with a farm-related word. Each comes up with a new word linked to the last. "Corn," for example, might be followed by "bread," "oven," or "refrigerator." See how far from the farm they can get.

#### **Counting Moo**

- Young athletes count off around a table, replacing even numbers with the word "moo." If you mess up, you have to drink your milk.

#### **REFERENCE:**

Games to Get Your Kids Eating Healthy

[www.hubpages.com](http://www.hubpages.com)

[www.familyfun.go.com](http://www.familyfun.go.com)



food  
security  
love

## Healthy Shopping List

Vegetables	Fruits	Milk and Alternatives
Lettuce	Oranges	Cheddar cheese
Asparagus	Apples	Cottage cheese
Green beans	Bananas	Low-fat yogurt
Cauliflower	Strawberries	Skim or 1% milk
Tomatoes	Blueberries	Unsweetened, Fortified
Potatoes	Raspberries	Soy beverage
Spinach	Blackberries	
Onions	Mangoes	
Broccoli	Pineapples	
Corn	Nectarines	
Carrots	Cherries	
Peppers (red, green, yellow, or orange)	Lemon/Limes	
Celery	Applesauce	

### Tips:

- Don't get stuck in a fruit and vegetable rut; eat different types and colours every day!
- Pick fruits and vegetables that are portable for snacks at school and after sport.
- Use the lower fat versions of cheese with less than 20% milk fat (MF) on the label.

Grain Products	Meat and Alternatives	Condiments
Whole wheat bread	Fish fillets	Olive oil
Whole wheat English muffins	Chicken breasts	Mustard
Whole wheat bagels	Lean beef for stir fry	Peanut butter
Whole wheat tortillas	Lean ground beef	Jam (fruit jam)
Cereal and crackers (4g of fibre or more)	Hummus	Maple Syrup
Pancake mix	Frozen shrimp	Honey
Brown rice	Tuna (canned in water)	<b>Drinks</b>
Whole wheat pasta	Beans (any type)	Water
	Fat-free deli meats	Milk
	Tofu	
	Unsalted nuts	

### Tips:

- Look for "high fibre" cereal (4 g or more fibre per serving)
- Look for "low-fat" granola bars and crackers (less than 3 g fat per serving)
- Have meat alternatives such as beans, lentils and tofu often.
- Select lean meat and alternatives prepared with little or no added fat or salt.



# Healthy Shopping List

## Grocery Shopping

Eating Healthy begins at the Grocery Store: Here are some tips to follow while you shop.

<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/shopping-epicerie-eng.php0>

General Food Label Tips: Learn about label nutrition facts such as the ingredient list and the percent daily value, as well as interactive tools for healthy eating.

[Canada.ca/NutritionFacts](http://Canada.ca/NutritionFacts)

## Understanding Nutrition Facts table

By law, most package food in Canada must have a Nutrition Facts table (NfT). For small bulk items, the panel might be on the carton rather than the individual package.

Compare this amount to the size of the package being sold. Is it the same or is it smaller, bigger?

In the Guidelines, the amount of a nutrient allowed is always based on the total package size you are selling (unless otherwise specified). In this example, if the package was 250 mL, it would contain twice what the Nutrition Facts Label shows, e.g. 36 g of carbohydrate.

Sodium mg/portion sold is restricted for many of the food groupings.

Nutrition Facts			
Per 125 mL (87 g)*			
Amount	% Daily Value**		
Calories 80			
Fat 0.5 g		1 %	
Saturated 0 g		0 %	
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 0 mg		0 %	
Carbohydrate 18 g		6 %	
Fibre 2 g		8 %	
Sugars 2 g			
Protein 3 g			
Vitamin A	2 %	Vitamin C	10 %
Calcium	0 %	Iron	2 %

This is the TOTAL amount of fat.

This is where you can find the amount of trans fat in a product. Some meats and milk products have low amounts of naturally occurring trans fats.

Naturally occurring sugars (like those from fruit or milk) are shown *together* with added sugars.

% Daily Value:

The % refers to the proportion of the total Recommended daily amount for someone with the highest needs.

### REFERENCE:

Guidelines for Food and Beverage Sales in BC Schools (2007), Ministries of Education and Health  
[http://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/healthyschools/2013\\_food\\_guidelines.pdf](http://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/healthyschools/2013_food_guidelines.pdf)



## Healthy Recipes

# Breakfast

**NOTE:**

- Nutritional analysis may vary depending on ingredients and brands used
- Food Guide Servings are estimates based on recipe and incorporation of recommended sizes



## Oh-So-Delicious Oatmeal

**Prep Time: about 10 minutes**

**Serves: 1 bowl**

**Ingredients:**

- 1 cup (250ml) water
- $\frac{3}{4}$  cup (175ml) rolled oats
- dash of salt
- $\frac{1}{4}$  cup (50ml) applesauce
- pinch of cinnamon
- 2 tsp (10ml) brown sugar

**Utensils:**

- Cooking pot
- Measuring cups and spoons
- Stove
- Mixing spoon
- Serving bowl

**Directions:**

1. Pour the water, oats, and salt into a medium-size pot on the stovetop.
2. Heat the mixture until it boils, then turn the heat to low.
3. Using a wooden spoon, stir in the applesauce and cinnamon.
4. Cook on low heat and continue to stir the mixture for 5 minutes.
5. Pour the oatmeal into a bowl and sprinkle the brown sugar on top.
6. Allow the oatmeal to cool for a minute before digging in.
7. Serve with a cup of milk and a piece of fruit.

**Nutrition Facts** (estimate)

**(Oatmeal only):**

Calories: 390

Protein: 13 g

Fat: 6 g

Carbohydrate: 74 g

Fibre: 9 g

Sodium: 302 mg

Calcium: 64 mg

Iron: 4.3 mg

RECIPE ADAPTED FROM:

[www.kidshealth.org](http://www.kidshealth.org)

## Want to add more calories and protein?

Use hot milk instead of water and add 1 to 2 tbsp of peanut butter

### Food Guide Counter

2 Grain Products Servings

$\frac{1}{2}$  Vegetables and Fruit Serving



## Bunny in the Hole

**Prep Time: 30 minutes**

**Serves: 4 sandwiches**

### Ingredients:

- 4 eggs
- 8 slices white or brown bread
- 4 Cheddar Cheese slices
- Frozen peas, red pepper, chives

### Utensils:

- Baking sheet
- 3½ inch (9 cm) cookie cutter
- Butter knife
- Cutting board

### Directions:

#### Do This First

Wash and cut 4 small triangles from a red pepper.

Wash 4 chives and cut in half.

Preheat oven to 425°F (220°C)

1. Cut hole in centre of 4 slices of bread using a 3½ inch (9 cm) egg-shaped cookie cutter. Set "hole" aside.
2. Butter remaining bread slices and place buttered side down on baking sheet.
3. Top each with a cheese slice and a piece of bread with a hole in the centre.
4. Break 1 egg into each hole.
5. Top eggs with two frozen peas for eyes, a red pepper triangle for the nose, and chives for whiskers.
6. Bake at 425°F (220°C) until the cheese has melted and egg is set but slightly runny, about 15 minutes. Check frequently as eggs set quickly.
7. Remove from oven. Cut "hole" in half to use as bunny ears.
8. Balance this breakfast with a whole piece of fruit.

Nutrition Facts: **Not Available**

RECIPE ADAPTED FROM:

[www.kidshealth.org](http://www.kidshealth.org)

## Lactose Intolerant?

Try using soy cheese instead. This is available in the meat alternatives section of most supermarkets.

### Food Guide Counter

2 Grain Products Servings

½ Meat and Alternatives Serving

½ Milk and Alternatives Serving



## Fruity Yogurt Smoothie

**Prep Time: 5 minutes**

**Serves: 2**

**Ingredients:**

- 1 cup (250 ml) frozen mixed fruit
- Half banana
- ½ cup (125 ml) vanilla or plain yogurt
- ½ cup (125 ml) orange juice

**Utensils:**

- Blender
- Knife and cutting board

**Directions:**

1. In blender, purée fruit, banana, yogurt, and orange juice until smooth.

**Nutrition Facts: (Estimate)**

Calories: 157  
Protein: 4 g  
Fat: 1 g  
Carbohydrate: 34 g  
Fibre: 2 g  
Sodium: 36 mg  
Calcium: 9% DV  
Iron: 3% DV  
Vit C: 92% DV

(DV = Daily Value)

**RECIPE FROM:**

Canadian Living Magazine,  
March 2008

## Picky Eater?

Smoothies are a great meal solution for picky eaters. Changing the type of fruit, juice, and yogurt flavour gives endless varieties!

### Food Guide Counter

2 Vegetables and Fruit Servings  
½ Milk and Alternatives Serving



## Oat and Apple Granola

**Prep time: 30 to 45 minutes**

**Serves: Makes 28 servings**

### Ingredients:

- 4 cups (1000ml) old-fashioned oats
- ½ cup (125ml) sunflower seeds
- ¼ tsp (1 ml) salt
- 1 cup (250ml) frozen apple juice concentrate, thawed
- ¼ cup (50ml) honey
- 1 tbsp (15ml) canola oil
- ¼ cup (50ml) dried apples, diced
- ¼ cup (50ml) each raisins and dried cranberries or blueberries
- Canola oil for oiling pan

### Utensils:

- Oven
- Large bowl
- Large baking sheet/pan

### Directions:

1. Preheat oven to 350°F (180°C).
2. Lightly oil an 8 inch (22 cm) square baking pan with sides.
3. In a large bowl, combine oats, sunflower seeds, and salt.
4. In large measuring cup, blend apple juice concentrate, honey, and canola oil.
5. Drizzle liquid mixture over the oats mixture and toss until evenly moistened. Spread on baking sheet.
6. Bake granola for 30 to 35 minutes, stirring every 5 minutes, until light golden and crisp.
7. Remove from oven and transfer to bowl. Toss with dried fruit; cool completely.
8. Store in covered container for one week or freeze for up to 2 months.
9. Serve with 1 cup skim milk and fruit to balance meal.

### Nutrition Facts:

**(30g serving granola only):**

Calories: 157

Protein: 4 g

Fat: 1 g

Carbohydrate: 34 g

Fibre: 2 g

Sodium: 36 mg

Calcium: 9% DV

Iron: 3% DV

Vit C: 92% DV

(DV = Daily Value)

### RECIPE FROM:

Canola Producers of Alberta

[www.healthyalberta.com/HealthyEating](http://www.healthyalberta.com/HealthyEating)

## Make This Gluten Free?

By using a gluten-free oat product, this recipe can be wheat and gluten free.

### Food Guide Counter

½ Vegetables and Fruit Serving

½ Grain Products Serving

## Quick Breakfast Pita

**Prep time: 4 minutes**

**Serves: 1**

**Ingredients:**

- 1 small apple, diced
- ¼ cup (50ml) low-fat cottage cheese
- 1 tbsp (15ml) raisins
- ¼ (50ml) whole wheat pita bread pocket

**Utensils:**

- Knife & cutting board

**Directions:**

1. Combine apple, cottage cheese, and raisins.
2. Fill pita pocket with mixture.
3. Boost calcium intake by serving with a glass of milk.

**Nutrition Facts: (Pita only):**

Calories: 223

Protein: 11 g

Fat: 2 g

Carbohydrates: 43 g

Fibre: 5.6 g

Sodium: 361 mg

**RECIPE FROM:**

UCSD Healthy Diet for Diabetes (1990)

**BY:**

S. Algert, B. Grasse, & A Durning.

## Double Duty?

Switch the cottage cheese for peanut or almond butter for an easy lunch or snack idea.

### Food Guide Counter

½ Grain Products Serving

1 Vegetables and Fruit Serving

½ Milk and Alternative Serving

## Crunchy Multi-Grain French Toast

**Prep time: 15 to 20 minutes**

**Serves: 4 servings**

### Ingredients:

- 1 carton (250 ml) of Liquid Eggs
- ½ cup (125 ml) milk
- 1 tbsp (15 ml) maple syrup
- ¾ tsp (4 ml) each cinnamon and ginger
- 2 cups (500 ml) coarsely crushed multi-grain cereal
- 1 tbsp (15 ml) vegetable oil
- 8 slices whole wheat bread
- Warm applesauce

### Utensils:

- Whisk
- Non-stick skillet
- 2 shallow bowls

### Directions:

1. Whisk the eggs, milk, maple syrup, cinnamon, and ginger in a shallow bowl. Place the cereal in a separate shallow bowl.
2. Set a nonstick skillet over medium heat. Brush with a little oil. Dip each slice of bread into the egg mixture; turn to moisten both sides. Coat wet bread in the cereal to coat lightly. Sprinkle additional cereal over any bald patches.
3. Cook in batches for 3 to 4 minutes per side or until crisp and golden, brushing the skillet with oil as needed.
4. Serve with applesauce and a glass of milk to balance the meal.

Nutrition Facts: **Not Available**

### REFERENCE:

The Breakfast Club - Nutrition for Learning Recipes

## Increasing Fibre?

Choose both bread and cereal that contain 4 g or more fibre per serving.

### Food Guide Counter

1 Vegetables and Fruit Serving

2½ Grain Products Servings

½ Meat and Alternatives Serving

## Fruit-Filled Puff Pancakes

**Prep: 10 minutes, Bake: 25 minutes**  
**Serves: 4**

### Ingredients:

- Non-stick cooking spray
- ½ cup (125 ml) refrigerated or frozen egg product, thawed, or 1 whole egg plus 1 egg white
- ¼ cup (50 ml) all-purpose flour
- 1¼ cup (50 ml) fat-free milk
- 1 tbsp (15 ml) cooking oil
- ¼ tsp (1 ml) salt
- 2 cups (500 ml) fresh fruit (choose from sliced strawberries, peeled and sliced kiwi fruit or peaches, blackberries, blueberries, seedless grapes, sliced nectarines or apricots, and/or pitted and halved sweet cherries)
- 2 tbsp (30 ml) orange marmalade, warmed

### Utensils:

- 4 - 4¼ inch (10.8 cm) pie plates
- Large mixing bowl
- Whisk or rotary beater

### Directions:

1. For pancakes, coat four 4¼ inch pie plates or 4½ inch foil tart pans with cooking spray. Set aside.
2. In a large mixing bowl use a rotary beater or wire whisk to beat egg product or whole egg plus egg white, flour, milk, oil, and salt until smooth. Divide batter among prepared pans. Bake in a 400 degree F oven about 25 minutes or until brown and puffy. Turn off oven; let stand in oven for 5 minutes.
3. To serve, immediately after removing the pancakes from oven, transfer to 4 plates. Spoon some of the fruit into center of each pancake. Drizzle fruit with warmed orange marmalade.
4. Add ¾ cup (188 ml) of yogurt to balance the meal.

### Nutrition Facts: (per serving)

Calories: 123  
Protein: 5 g  
Total Fat: 4 g  
Sodium: 210 mg  
Vitamin C: 69% DV  
Fibre: 2 g  
Carbohydrate: 18 mg

(DV = Daily Value)

### REFERENCE:

Better Homes and Garden

[www.bhg.com/recipe/desserts/fruit-filled-puff-pancakes](http://www.bhg.com/recipe/desserts/fruit-filled-puff-pancakes)

## Wheat or Gluten Free?

Make the same recipe using wheat-free flour like rice or potato. There are also many pre-mixed gluten-free pancake mixes.

### Food Guide Counter

½ Grain Products Serving  
1 Vegetables and Fruit Serving  
¼ Meat and Alternative Serving



## Banana Dog

**Prep: 3 minutes**

**Serves: 1**

**Ingredients:**

- Whole-grain hot dog bun
- Peanut butter
- Wheat germ or sunflower seeds
- Banana
- Jam

**Utensils:**

- Knife & cutting board

**Directions:**

1. Spread a whole-grain hot dog bun with peanut butter, sprinkle with wheat germ or sunflower seeds, and top with a whole, peeled banana and a squiggle of jam.
2. Add a glass of milk to balance the meal.

**Nutrition Facts: (estimate)**

Calories: 356

Total Fat: 10 g

Carbohydrate: 62 mg

Protein: 9 g

**RECIPE ADAPTED FROM:**

Familyfun.com Website

[www.jas.familyfun.go.com/recipefinder/display?id=50275](http://www.jas.familyfun.go.com/recipefinder/display?id=50275)

## Wheat Germ?

Provides an impressive bundle of nutrients, including protein, healthy fat, vitamin E, folate, phosphorus, thiamin, zinc, and magnesium.

### Food Guide Counter

1½ Grain Products Servings

1 Vegetables and Fruit Serving

½ Meat and Alternatives



## Bagel Critters

**Prep time: 5 minutes**

**Serves: 1**

### Ingredients:

- Bagels, sliced
- Low-fat cream cheese, softened
- Assorted toppings such as baby carrots (grated or whole), cherry tomato halves, sliced black olives, sliced bell peppers (red, green, or yellow), poppy seeds, cucumber rounds, minced chives, and crunchy Chinese noodles

### Utensils:

- Knife & cutting board
- Bowls

### Directions:

1. Spread the cream cheese on the cut bagels (going gently over the hole).
2. Set out bowls of vegetables and crunchy noodles and let the young athlete turn the bagels into animal or monster faces like a royal lion with olive nose and eyes, a crunchy noodle mane and whiskers, poppy seed freckles, and a pepper crown.

**Nutrition Facts: Not Available**

RECIPE ADAPTED FROM:

Familyfun.com Website

[www.jas.familyfun.go.com/recipefinder/display?id=50275](http://www.jas.familyfun.go.com/recipefinder/display?id=50275)

## Compare the facts

Compare the Nutrition Facts table to choose between bagels. Choose the product with more fibre per serving. Remember 5% Daily Value or less is a little and 15% Daily Value or more is a lot.

### Food Guide Counter

2 Grain Products Servings



## Baked Breakfast Frittata

**Prep time: 40 minutes**

**Servings: 8**

### Ingredients:

- 1 cup (250 ml) frozen chopped broccoli, partially thawed
- 1 cup (250 ml) seasoned croutons
- Half a sweet red pepper, diced
- 8 eggs
- ½ cup (125 ml) milk
- ¼ tsp (1 ml) each salt and pepper
- ½ cup (125 ml) shredded Swiss or cheddar cheese
- 8 slices toasted bread or pitas

### Utensils:

- 8 inch (20 cm) square metal cake pan
- Mixing bowl
- Whisk

### Directions:

1. Sprinkle broccoli, croutons, and red pepper evenly over bottom of greased 8-inch (2L) square metal cake pan.
2. In bowl, whisk together eggs, milk, salt and pepper; pour over vegetable mixture. Sprinkle evenly with cheese.
3. Bake in 350°F (180°C) oven for 30 minutes or until golden and knife inserted in centre comes out clean. Cut into 8 squares.
4. Serve with whole wheat toast and fruit.

### Nutrition Facts: (per serving)

Calories: 210

Protein: 12 g

Fat: 9 g

Carbohydrate: 19 g

Fibre: 2 g

Sodium 370 mg

### REFERENCE:

[www.CanadianLiving.com](http://www.CanadianLiving.com)

## Breakfast for Dinner?

In a rush for dinner? Healthy meals like this one are flexible and can be served at dinner time as well.

### Food Guide Counter

1 Grain Products Serving

½ Meat and Alternatives Serving

¼ Vegetables and Fruit Serving

¼ Milk and Alternatives Serving



## Healthy Recipes

# Lunch

**NOTE:**

- Nutritional analysis may vary depending on ingredients and brands used
- Food Guide Servings are estimates based on recipe and incorporation of recommended sides





## Build and Bite Stackers

**Prep Time: 5 minutes**

**Servings: 1**

**Ingredients:**

- 3 slices (30 g) of turkey breast
- 5 whole grain crackers
- 30 g cheddar cheese, cut into 3 pieces
- 5 each cucumber slices, carrot slices, and cherry tomatoes

**Utensils:**

- Knife and cutting board
- Plastic wrap
- Airtight container

**Directions:**

1. Cut each turkey slice into quarters. Wrap crackers in plastic wrap.
2. Place all ingredients in airtight container. Refrigerate until ready to serve.
3. The young athlete can assemble “stacker” by placing a cracker on the bottom then adding a slice of turkey, cheese, and veggie and topping with another cracker.
4. Serve with fruit of choice and 1 cup (250 ml) of milk.

**Nutrition Facts (Stackers only):**

Calories: 277  
Protein 14.9 g  
Fat 16.7 g  
Carbohydrate: 17.7 g  
Fibre: 1.8 g  
Sodium: 625 mg  
Calcium: 22% DV  
Iron: 6% DV

(DV=Daily Value)

RECIPE ADAPTED FROM:

[www.kraftcanada.com/en/recipes](http://www.kraftcanada.com/en/recipes)

## Tips to Save

This recipe is similar to store-bought, ready-lunch products, but you pay less by making it yourself!

### Food Guide Counter

½ Grain Products Serving  
½ Meat and Alternatives Serving  
1 Milk and Alternatives Serving  
1 Vegetables and Fruit Serving

## Veggie Doggies in a Blanket

**Prep Time: 5 minutes**

**Serves: 1**

**Ingredients:**

- 1 whole wheat medium tortilla
- 1 Jumbo Veggie Dog
- 1 Kraft Processed Cheese Slice or other cheese of choice

**Utensils:**

- Microwave
- Microwaveable Plate

**Directions:**

1. Spread tortilla with cheese.
2. Place veggie wiener on one edge and roll up tightly.
3. Place on microwaveable plate, seam side down.
4. Heat in microwave on medium for 45 to 60 seconds.
5. Serve with ketchup and mustard
6. Add side plate of chopped veggies and a glass of milk to balance the lunch.

**Nutrition Facts (estimate):**

Calories: 250

Protein: 18 g

Fat: 6 g

Carbohydrate: 30 g

Fibre: 2 g

Calcium 14% DV

(DV=Daily Value)

RECIPE ADAPTED FROM:

[www.kraftcanada.com/en/recipes](http://www.kraftcanada.com/en/recipes)

## Healthy Eating Tip?

Meatless hotdogs are healthier alternatives. They usually contain less fat and more protein per serving.

### Food Guide Counter

1 Grain Products Serving

1 Meat and Alternatives Serving

½ Milk and Alternatives Serving

## Tiny Pizzas

**Prep time: about 15 minutes**

**Serves: 2 tiny pizzas**

**Ingredients:**

- 1 standard-sized bagel, cut in half
- Tomato sauce
- Shredded mozzarella cheese
- Toppings like diced green pepper,
- Chopped onion, or chopped tomato (whatever you like)
- Seasonings like oregano or basil

**Utensils:**

- Oven
- Knife
- Baking sheet

**Directions:**

1. Set the oven to low heat.
2. Spread tomato sauce on each bagel half.
3. Sprinkle the shredded cheese all over the tomato sauce on each half.
4. Add your favorite toppings.
5. Put a light sprinkling of seasonings on each half.
6. Put your bagel halves on the baking sheet.
7. Bake in the oven on low heat for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly.
8. Let cool for a minute, then serve the tiny pizzas with a side salad, a glass of milk, and a fruit for dessert.

**Nutrition Facts (Tiny Pizzas only):**

Calories: 210

Protein: 9 g

Fat: 4 g

Carbohydrate: 34 g

Fibre: 2 g

Sodium: 633 mg

Calcium: 144 mg

Iron: 1.9 mg

RECIPE ADAPTED FROM:

[www.kidshealth.org](http://www.kidshealth.org)

## Want to add more fibre?

Use a whole-wheat or whole-grain bagel with 4 g or more fibre on the label.

### Food Guide Counter

½ Vegetables and Fruit Serving

2 Grain Products Servings

½ Milk and Alternatives Serving

## Chicken and Apple Lettuce Wraps

**Prep time: 5 to 20 minutes depending on using cooked chicken or not**  
**Makes 2 servings**

### Ingredients:

- 1 cup (250 ml) cooked chicken breast, diced (about 1)
- ½ cup (125 ml) red apple, diced
- ¼ cup (50 ml) celery, diced
- 2 tbsp (30 ml) raisins
- ¼ cup (50 ml) light mayonnaise
- 4 Boston lettuce leaves, whole, washed, and dried

### Utensils:

- Small mixing bowl
- Spoon

### Directions:

- In a small bowl, mix together all the filling ingredients. This can be done the night before.
- To serve, spoon about ½ cup (125 ml) of the filling down the centre of the lettuce leaf and wrap it up.
- Try different kinds of fillings such as ham and cheese, tuna, turkey, and salmon.
- Balance meal with yogurt and a whole piece of fruit.

**Note:** Pack the chicken and apple mixture in a small container and let the young athlete assemble it at school.

### Nutrition Facts (per serving):

(1 cup filling and 2 lettuce leaves)

Calories: 259

Protein: 24 g

Fat: 11 g

Carbohydrate: 17 g

Fibre: 2 g

Sodium: 288 mg

### RECIPE FROM:

[www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)

Developed by Nadine Day, RD

©The Heart and Stroke Foundation

## Want to add more fibre?

Use a multigrain bagel with 4g or more fibre on the label.

### Food Guide Counter

1 Vegetables and Fruit Serving

1 Meat and Alternatives Serving



**Prep Time: 5 minutes using pre cooked rice, 20 minutes if cooking rice**  
**Serves: 1**

**Ingredients:**

- 1 cup (250 ml) cooked rice
- $\frac{3}{4}$  cup (175 ml) canned kidney beans, rinsed and drained
- $\frac{1}{2}$  cup (125 ml) frozen corn
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup (125-175 ml) chopped fresh tomato (about 1 medium)
- $\frac{1}{4}$  cup (50 ml) diced green bell pepper
- 2 tbsp (30 ml) finely chopped onion
- $\frac{1}{4}$  to  $\frac{1}{2}$  tsp (1-2 ml) chili powder

**Utensils:**

- 3-cup (750 ml) microwave-safe plastic container

**Directions:**

1. In a container combine rice, beans, corn, tomato, green pepper, onion, and chili powder. Stir until combined.
2. Microwave on high, loosely covered, for 2 to 3 minutes or until hot. Stir before serving.
3. Complete the meal with a carton of milk or a container of yogurt.

## Lunch Box Chili Rice and Beans

**Nutrition Facts (per serving):**

Calories: 447  
Protein: 18.0 g  
Fat: 1.6 g  
Carbohydrate: 93.9 g  
Fibre: 15.4 g  
Sodium: 429 mg

**RECIPE FROM:**

Dietitians of Canada - Great Food Fast  
by Bev Callaghan, RD and Lynn Roblin, RD  
(published by Robert Rose)  
© 2000 Dietitians of Canada

## High Fibre Alert?

This recipe provides a very high source of fibre. It is also an excellent source of vitamin C, niacin, folacin. Good source of iron, zinc, vitamin A, thiamin, riboflavin, and B6

### Food Guide Counter

2½ Vegetables and Fruit Servings  
1 Meat and Alternatives Serving  
2 Grain Products Servings



## Greek Veggie Kabob

**Prep time: 5 minutes**

**Serves: 6**

**Ingredients:**

- 6 grape or cherry tomatoes
- 12½ inch (1 cm) slices cucumber
- 12½ inch (1 cm) cubes feta cheese
- 12½ inch (1 cm) squares red pepper and bell pepper
- 6 black olives, pitted
- ⅓ cup (75 ml) tzatziki sauce or hummus

**Utensils:**

- Skewers
- Knife and cutting board

**Directions:**

1. Thread ingredients onto skewers in the following order:  
1 tomato,  
1 slice cucumber,  
1 cube cheese,  
1 square red pepper,  
1 slice cucumber,  
1 cube cheese,  
1 square red pepper,  
1 olive.
2. Serve with tzatziki sauce or hummus for dipping.
3. Balance meal by serving with ½ whole wheat pita and 1 cup of milk.

**Nutrition Facts (per Kabob):**

Calories: 56  
Protein: 2.5 g  
Fat: 4.4 g  
Carbohydrate: 2.4 g  
Fibre: 0.4 g  
Sodium: 216 mg  
Calcium: 86 mg  
Iron: 0.3 mg

**RECIPE FROM:**

Eileen Campbell, RD  
from Dietitians of Canada,  
Simply Great Food, Robert Rose Inc. 2007

## Picky Eater?

Ranch dressing makes a good substitute for tzatziki sauce and some children might prefer it.

### Food Guide Counter

½ Vegetables and Fruit Serving  
¼ Milk and Alternatives Serving



## Cheese and Tomato Macaroni

**Prep time: 20 minutes**

**Yields: 4 cups (1000ml)**

### Ingredients:

- 2 cups (500 ml) elbow macaroni
- 1 tbsp (15 ml) butter or margarine
- 3 tbsp (45 ml) all-purpose flour
- 2 cups (500 ml) 2% milk, warmed to room temperature
- 1½ cups (375 ml) shredded cheddar cheese
- 1 can (398 ml) tomatoes, drained
- ½ tsp (2.5 ml) salt
- Pinch of freshly ground black pepper

### Utensils:

- 2 large saucepans
- Oven
- Pasta Drainer

### Directions:

1. In a large saucepan, cook pasta in boiling water according to manufacturer's directions or until tender but firm. Drain.
2. In a second large saucepan, melt butter over medium heat.
3. Add flour and cook, stirring until it starts to bubble. Gradually add milk, whisking constantly and cook until thickened.
4. Add shredded cheese; stir until melted.
5. Stir in drained tomatoes, salt, and pepper.
6. Pour sauce over macaroni and toss to coat.
7. Balance with a fruit for dessert.

### Nutrition Facts (per 1 cup serving):

Calories: 259

Protein: 12 g

Fat: 10.6 g

Carbohydrate: 29 g

Calcium: 33% DV

Iron: 11% DV

(DV=Daily Value)

### RECIPE FROM:

The Hospital for Sick Children - Better Food for Kids: Your Essential Guide to Nutrition for all Children from age 2 to 6

### WRITTEN BY:

Joanne Saab, RD and Daina Kalnins, RD

## Add More Protein?

Add extra lean ground beef, turkey, or chicken to bulk up calories and protein content.

### Food Guide Counter

2 Grain Products Servings

½ Vegetables and Fruit Serving

1½ Milk and Alternatives Servings

## Nacho Bean Dip

**Prep time: 10 minutes**

**Servings: 6**

**Ingredients:**

- ½ cup (125 ml) canned navy beans, well rinsed
- ¾ cup (175 ml) fat-free cream cheese
- ½ cup (125 ml) fat-free sour cream
- ⅓ cup (75 ml) mild salsa
- ½ cup (125 ml) light shredded cheddar cheese
- ¼ cup (50 ml) sliced cherry tomatoes
- ¼ cup (50 ml) finely diced green pepper
- ¼ cup (50 ml) frozen corn, thawed

**Utensils:**

- Food processor or blender

**Directions:**

1. Purée beans, cream cheese, and sour cream in a food processor. Spread on a large plate and place in the fridge for 30 minutes.
2. Remove from the fridge and top with a layer of salsa, then cheese, then veggies.
3. Serve with the suggested dippers.

**Nutrition Facts (per ½ cup [125 ml]):**

Calories: 121

Protein: 10 g

Fat: 3 g

Carbohydrate: 11 g

Fibre: 2 g

Sodium: 363 mg

**RECIPE FROM:**

**[www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)**

Developed by Nadine Day, RD

©The Heart and Stroke Foundation

## Suggested Dippers?

In addition to whole-wheat, baked nachos, try these dipping items:

- Large carrot coins
- Sliced cucumber
- Celery sticks
- Whole-grain crackers
- Whole-grain pita wedges

### Food Guide Counter

¼ Vegetables and Fruit Serving

¼ Milk and Alternatives Serving

# Wheat and Gluten-Free Tuna Macaroni Salad

**Prep Time: 20 minutes**

**Yields: 4 Servings of 1 cup each**

**Ingredients:**

- 1 12-oz (375 ml) box elbow rice macaroni or penne rice noodles
- 1 cup (250 ml) low or non-fat mayonnaise
- ¼ cup (50 ml) sweet pickle relish
- 2 stalks celery, diced
- 1 small white onion, finely chopped
- 1 tsp (5 ml) prepared mustard
- 1 tsp (5 ml) rice vinegar
- 1 can tuna packed in water

**Utensils:**

- Large pot
- Pasta strainer
- Large mixing bowl
- Knife and cutting board
- Can opener

**Directions:**

1. Prepare noodles according to package directions. Cool noodles completely.
2. In a large bowl combine all ingredients and mix well. Refrigerate until ready to serve.
3. To balance meal, serve with a glass of soy milk and cup of chopped veggies.

**Nutrition Facts (Not Available):**

Calories: 259

Protein: 12 g

Fat: 10.6 g

Carbohydrate: 29 g

Calcium: 33% DV

Iron: 11% DV

(DV=Daily Value)

**RECIPE ADAPTED FROM:**

The Kid-Friendly Food Allergy Cookbook

**BY:**

Leslie Hammond & Lynne Marie Rominger

## Tips for Cooking Rice Pasta?

Be sure to follow package directions as rice pastas often take less time to cook. Look for brown rice pastas for more fibre.

### Food Guide Counter

3 Grain Products Servings

½ Vegetable and Fruit Serving

½ Meat and Alternatives Serving



# Peanut Butter and Banana Sandwich

**Prep time: 5 minutes**

**Serves: 1**

**Ingredients:**

- 2 slices whole wheat bread
- ¼ banana, sliced
- 2 tbsp (30 ml) peanut butter
- 2 tbsp (30 ml) cereal (natural wheat and barley cereal flakes)

**Utensils:**

- Knife
- Measuring spoons

**Directions:**

1. Spread peanut butter on one side of each slice of bread.
2. Spread banana pieces on the peanut butter on one slice of bread.
3. On the other slice of bread, sprinkle cereal so that it sticks to the peanut butter and covers the bread.
4. Place the slices together and serve.

**Nutrition Facts (per sandwich):**

Calories: 357

Protein: 14 g

Fat: 19 g

Carbohydrate: 40 g

Fibre: 7 g

Sodium: 437 mg

Calcium: 50 mg

Iron: 3.7 mg

RECIPE ADAPTED FROM:

[www.kidshealth.org](http://www.kidshealth.org)

## Best Bread Tip?

When trying to choose the healthiest bread, look for the brand with the highest amount of fibre, iron, and omega 3 fats on the label.

### Food Guide Counter

2 Grain Products Servings

¼ Vegetables and Fruit Serving

1 Meat and Alternatives Serving







## Healthy Recipes

# Dinner

**NOTE:**

- Nutritional analysis may vary depending on ingredients and brands used
- Food Guide Servings are estimates based on recipe and incorporation of recommended sides



## Pizza-Style Hamburgers

**Prep Time: 30 to 40 minutes**

**Serves: 6 burgers**

**Ingredients:**

- 1 lb (500 g) extra-lean ground beef or turkey
- 1 egg, beaten
- ¼ cup (50 ml) finely chopped green pepper
- 2 tbsp (30 ml) finely chopped onion
- ¼ cup (50 ml) dry bread crumbs or small-flake rolled oats
- ½ cup (125 ml) pizza sauce or tomato sauce
- ½ tsp (2 ml) dried basil
- ½ tsp (2 ml) dried oregano
- 6 slices mozzarella cheese
- 6 whole wheat hamburger buns, split and warmed

**Utensils:**

- Barbeque or broiler.
- Large Mixing bowl

**Directions:**

1. In a bowl, combine beef, egg, green pepper, onion, breadcrumbs, pizza sauce, basil, and oregano. Do not over-mix.
2. With moistened hands, shape mixture into 6 evenly-shaped flat patties. (For younger athletes, you may wish to make a larger number of smaller burgers).
3. Grill on a pre-heated barbeque or under the broiler for about 5 minutes per side or until well done and centre is no longer pink.
4. During last few minutes of cooking time, top each burger with cheese; cook until cheese starts to melt.
5. Serve on warm buns with side salad and glass of milk.

**Nutrition Facts (per burger):**

Calories: 441

Fat: 24.8 g

Protein: 26.1 g

Carbohydrate: 26.7 g

Calcium: 28% DV

Iron: 31% DV

(DV=Daily Value)

**RECIPE BY:**

The Hospital for Sick Children- Better Food for Kids: Your Essential Guide to Nutrition for all Children from age 2 to 6

**WRITTEN BY:**

Joanne Saab, RD and Daina Kalnins, RD

## Go Meatless?

Substitute ground beef with vegetarian ground “meat” called “ground round”. This is found in the vegetarian section of the grocery store.

### Food Guide Counter

2 Grain Products Servings

1 Meat and Alternatives Serving

¼ Vegetables and Fruit Serving

½ Milk and Alternative Serving

## Black Beans and Rice (Vegetarian)

**Prep time: 30 to 40 minutes**

**Serves: 4 Serving size: ¼ cup (50ml) rice and 1¼ (300ml) cup beans**

### Ingredients:

- 2 x 500 ml cans black beans, drained
- ½ cup (125 ml) frozen corn Niblets, thawed
- 1 cup (250 ml) onion, chopped
- 1 cup (250 ml) hot cooked brown rice
- 2 bay leaves
- ¼ cup (50 ml) jalapeño jack cheese, shredded
- 4 cloves garlic, minced
- ½ tsp (2 ml) cumin
- 1 tbsp (15 ml) cilantro
- ½ tsp (2 ml) chili powder
- 450 mL can diced tomatoes (low sodium)
- Red pepper flakes to taste (optional)

### Utensils:

- Stove
- Skillet
- Pot for cooking rice

### Directions:

1. Sauté ¾ cup (175 ml) onions, garlic, and bay leaves in oil.
2. Add black beans, cilantro, tomatoes, cumin, chili powder, red pepper flakes, and corn.
3. Simmer until heated through and flavours meld.
4. Make a mold of cooked rice on a platter.
5. Pour bean mixture over the rice.
6. Garnish with ¼ cup (50 ml) chopped onions.
7. Sprinkle cheese over the beans.
8. Serve with steamed vegetables like broccoli.

### Nutrition Facts (per serving):

Calories: 307  
Protein: 15 g  
Fat: 3 g  
Carbohydrate: 55 g  
Fibre: 12 g  
Sodium: 765 mg  
Calcium: 157 mg  
Iron: 3.4 mg

### RECIPE ADAPTED FROM:

[www.kidshealth.org](http://www.kidshealth.org)

Better Food for Kids: Your Essential Guide to Nutrition for all Children from age 2 to 6

### WRITTEN BY:

Joanne Saab, RD and Daina Kalnins, RD

## Make it a Lunch?

Serve leftovers in a whole wheat pita or wrap with chopped veggies and yogurt.

### Food Guide Counter

½ Grain Products Serving  
1½ Meat and Alternatives Servings  
1½ Vegetable and Fruit Servings

## Easy Beef and Broccoli

**Prep Time: 20 minutes**

**Serves: 4**

**Ingredients:**

- 1 tbsp (15 ml) olive or canola oil
- 1 lb (500 g) lean beef stir-fry strips
- 2 to 4 cups (500 - 1000 ml) frozen broccoli florets
- ¼ cup (50 ml) hoisin sauce
- ¼ cup (50 ml) KRAFT Catalina Dressing
- 1 tbsp (15 ml) grated fresh gingerroot
- 2⅔ (650 ml) cups hot cooked brown rice

**Utensils:**

- Large nonstick skillet
- Stove

**Directions:**

1. Heat oil on medium-high heat.
2. Add meat; cook 3 minutes or until browned, stirring frequently.
3. Add broccoli, hoisin sauce, dressing, and ginger. Stir. Cover.
4. Cook 5 minutes or until heated through.
5. Serve over rice.
6. Balance meal and serve with a glass of milk.

**Nutrition Facts (per serving):**

Calories: 400

Protein 32 g

Fat: 13 g

Carbohydrate 40 g

Fibre: 3 g

Calcium: 4% DV

Iron: 25% DV

(DV=Daily Value)

RECIPE ADAPTED FROM:

[www.kraftcanada.com/en/recipes](http://www.kraftcanada.com/en/recipes)

## Substitute?

If you can't find beef stir-fry strips in your supermarket, substitute any grilling steak, cut into thin strips.

### Food Guide Counter

1½ Grain Products Servings

1½ Meat and Alternatives Servings

1½ Vegetables and Fruit Servings





## Fun Frittata

**Prep time: 10 to 20 minutes**

**Serves: 6**

### Ingredients:

- 4 tsp (20 ml) olive oil
- 6 eggs
- 1 onion, diced
- ½ cup (125 ml) skim milk
- 1 sweet potato, unpeeled, washed, thinly sliced
- 1 cup (250ml) grated part-skim thinly sliced mozzarella cheese
- 1 red potato, unpeeled, washed thinly sliced mozzarella cheese
- 2½ cups (575 ml) butternut squash, diced
- 1 tsp (5 ml) salt
- 2½ cups (575 ml) mushrooms, sliced
- ½ cup (80 ml) chopped Italian parsley
- 1 red pepper, diced
- 1 tbs (15 ml) grated Parmesan cheese

### Utensils:

- Oven
- Mixing Bowl
- Skillet
- Baking Dish

### Directions:

1. Preheat oven to 350°F (180°F).
2. Heat 2 tsp (10 ml) olive oil in a skillet and sauté onions until lightly browned. Add mushrooms and squash and cook on medium heat until soft, approximately 10 minutes. Let vegetables cool slightly.
3. Meanwhile, in a large mixing bowl, whisk eggs, milk, and salt together. Stir the cooked vegetables, peppers, parsley, and grated mozzarella into the eggs.
4. Use remaining 2 tsp (10 ml) olive oil to coat an 8-inch (1.5 L) baking dish.
5. Pour mixture into dish. Arrange the sweet and red potato slices on top, alternating or in a decorative pattern, and sprinkle with parmesan cheese.

6. Bake for 30 minutes or just until eggs set. Frittata can be served in wedges with a salad on the side.

### Nutrition Facts (per serving):

Calories: 248

Protein: 15 g

Fat: 12 g

Carbohydrate: 21 g

Fibre: 3 g

Sodium: 592 mg

### RECIPE FROM:

[www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)

©Deborah Hoffnung, RD.

## Meal Planning Tip?

Frittata can be an easy meal for breakfast, lunch, or dinner

### Food Guide Counter

½ Meat and Alternatives Serving

3 Vegetables and Fruit Servings

½ Milk and Alternatives Serving

## Crunchy Fish Burgers

**Prep time: 30 to 40 minutes**

**Serves: 4 portions**

### Ingredients:

#### Crunchy Coating

- 1 cup (250 ml) crushed cornflakes
- ½ tsp (2 ml) garlic powder
- ½ tsp (2 ml) dry mustard
- ¼ tsp (1 ml) black pepper

#### Zippy Tartar Sauce

- ¼ cup (50 ml) sweet pickle or dill pickle relish
- 2 tbsp (30 ml) light mayonnaise
- ¼ tsp horseradish
- 4 6-inch (15 cm) whole wheat buns, halved
- 4 lettuce leaves
- 2 medium tomatoes, sliced

#### Burgers

- 1 egg
- 1 tbsp (15 ml) water
- 1 lb (500 g) fresh or frozen fish fillets (sole, perch or halibut), patted dry

#### Utensils:

- Baking sheet
- 2 shallow bowls
- Heavy plastic bag

#### Directions:

Preheat oven to 375°F (190°C), Baking sheet, greased

1. Crunchy Coating: In a heavy plastic bag, combine crumbs, garlic powder, mustard and pepper.
2. Burgers: In a shallow bowl, lightly beat together egg and water; set aside. Dip fish fillets in egg mixture and transfer, 1 piece at a time, to plastic bag ; shake gently to coat. Place on baking sheet. Bake in preheated oven for 10 to 15 minutes or until fish is opaque and flakes easily when tested with fork.

3. Zippy Tartar Sauce: In a small bowl, blend together relish, mayonnaise and horseradish.
4. Assembly: Spread buns with tartar sauce; add fish fillets and top with lettuce and tomato.
5. Serve with side salad and glass of milk for balance.

### Nutrition Facts (per serving):

Calories: 503

Fat: 9 g

Protein: 32 g

Carbohydrate: 72 g

Fibre: 3 g

#### RECIPE ADAPTED FROM:

© Cook Great Food, by Dietitians of Canada, 2001 Published by Robert Rose Inc.

## Note for Kids?

These are fairly substantial burgers so for young athletes, half a burger will probably be enough.

### Food Guide Counter

2 Grain Products Servings

1½ Meat and Alternatives Servings

½ Vegetables and Fruit Serving

## Pasta with Roasted Vegetables and Goat Cheese

**Prep time: 20 to 30 minutes**

**Serves: 4**

### Ingredients:

- Parmesan cheese (optional)
- 4 cups (1000 ml) cubed zucchini
- 2 cups (500 ml) cubed eggplant
- 2 cups (500 ml) roughly chopped red bell peppers
- 1 cup (250 ml) roughly chopped sweet white or red onions
- 2 tbsp (30 ml) olive oil
- 1½ tsp (7 ml) dried Italian seasoning or French herbs
- 3½ to 4 oz (125 ml) goat cheese, crumbled
- 1 cup (250 ml) rotini, penne, or other pasta
- Vegetables can be roasted up to one day in advance. Reheat in a hot oven for 5 to 10 minutes or until piping hot.

### Utensils:

- Large baking sheet with rim, greased
- Oven

### Directions:

1. Preheat oven to 425°F (220°C)
2. Put zucchini, eggplant, peppers, and onions in a large bowl.
3. Add oil and herbs; toss to coat. Place vegetables in a single layer on prepared baking sheet; roast, stirring occasionally, for 30 to 40 minutes or until vegetables are golden and slightly softened.
4. Meanwhile, in a pot of boiling water, cook pasta according to package directions or until tender but firm; drain.
5. Toss vegetables with pasta. Crumble goat cheese over top; toss to combine or leave as is and sprinkle with Parmesan cheese, if desired.

### Nutrition Facts (per serving):

Calories: 395  
Protein: 13.7 g  
Fat: 13.4 g  
Carbohydrate: 56.3 g  
Fibre: 6.5 g  
Sodium: 99 mg

### RECIPE FROM:

Dietitians of Canada - Great Food Fast  
by Bev Callaghan, RD and Lynn Roblin, RD  
(published by Robert Rose)  
© 2000 Dietitians of Canada

## VeggieTip?

When choosing vegetables for roasting, go for darker shades of red, orange, and green; they are richest in nutrients and phytochemicals.

### Food Guide Counter

1 Grain Products Serving  
4½ Vegetables and Fruit Servings  
½ Milk and Alternatives Serving

# Vietnamese Chicken and Rice Noodle Salad

**Prep time: 15 minutes**

**Serves: 6; makes about 8 cups (2L)**

## Ingredients:

- 3½ oz (99 g) wide rice noodles (half a 7 oz [210 g] package)
- 12 oz (375 g) shredded cooked chicken
- 2 cups (500 ml) diced cucumbers
- 2 cups (500 ml) shredded carrots
- 1 cup (250 ml) julienned green bell peppers
- ¼ cup (50ml) finely chopped cilantro

## Dressing

- ⅓ cup (75 ml) fish sauce or sodium-reduced soya sauce
- ¼ cup (50 ml) rice wine vinegar
- 2 tbs (30 ml) lime juice
- 1 to 2 tbs (15-30 ml) curry paste
- 2 tsp (10 ml) granulated sugar
- 1 tsp (5 ml) minced garlic
- 1 tsp (5 ml) sesame oil
- ½ cup (125 ml) chopped peanuts (optional)

## Utensils:

- Large cooking pot
- Large & small mixing bowls
- Pasta strainer

## Directions:

1. In a large pot of boiling water, cook noodles for 5 to 8 minutes or until barely tender; drain. Rinse under cold water; drain.
2. Transfer to a large bowl. Add chicken, cucumbers, carrots, peppers, and cilantro.
3. Dressing: In a small bowl, blend together soya sauce, vinegar, lime juice, curry paste, sugar, garlic, and sesame oil.
4. Add dressing to noodle mixture; toss to combine. Sprinkle with peanuts, if using.
5. Have this salad with a serving of fruit-flavoured yogurt to increase calcium intake.

## Nutrition Facts (per serving):

Calories: 214

Protein: 19.4 g

Fat: 4.8 g

Carbohydrate: 23.1 g

Fibre: 1.8 g

Sodium: 594 mg

## RECIPE FROM:

Dietitians of Canada - Great Food Fast  
by Bev Callaghan, RD and Lynn Roblin, RD  
(published by Robert Rose)  
© 2000 Dietitians of Canada

# Food Fast?

To ensure a ready supply of cooked chicken for recipes like this one, cook whole chickens when you have time on the weekend. Cut up and freeze in 1 up (250 ml) portions to use as needed.

## Food Guide Counter

1½ Vegetables and Fruit Servings  
1 Meat and Alternatives Serving  
½ Grain Products Serving



# Minestrone with Turkey Sausage

**Prep time: 1.5 hours**

**Serves: 8 x 400ml servings**

## Ingredients:

- 1 tbsp (15 ml) vegetable oil
- 1 lb (500 g) turkey sausage, cut into chunks
- 1 clove garlic, minced
- 1 large onion, chopped
- ½ cup (125 ml) diced celery
- ½ cup (125 ml) diced carrot
- ½ cup (125 ml) diced green bell pepper
- 1 can (28 oz / 796 ml) tomatoes
- 4 cups (1000 ml) reduced-sodium chicken broth
- 1 bay leaf
- 2 tbsp (30 ml) chopped fresh parsley
- 1 tsp (5 ml) salt
- 1½ tsp (2 ml) dried basil
- ¼ tsp (1 ml) dried thyme
- ¼ tsp (2 ml) freshly ground black pepper
- 1 can (19 oz / 540 ml) kidney beans, drained and rinsed
- 1 cup (250 ml) tubetti pasta or other tiny pasta
- Freshly grated Parmesan cheese

## Utensils:

- Large saucepan
- Knife and cutting board

## Directions:

1. In a large saucepan, heat oil over medium heat. Sauté sausage, garlic, onion, celery, carrot, and green pepper until sausage is browned and vegetables are softened, about 10 minutes; drain fat.
2. Add tomatoes, broth, bay leaf, parsley, salt, basil, thyme, and pepper; bring to a boil.
3. Reduce heat, cover, and simmer for 1 hour. Add beans and pasta; simmer until pasta is tender, about 10 minutes.
4. Ladle into bowls and sprinkle with Parmesan cheese.

## Nutrition Facts (per serving):

Calories: 238  
Protein: 17.9 g  
Fat: 6.9 g  
Carbohydrate: 26.5 g  
Fibre: 5.8 g  
Sodium: 949 mg  
Calcium: 74 mg  
Iron: 3.0 mg

## RECIPE FROM:

Dietitians of Canada, Simply Great Food, Robert Rose Inc. 2007

# Variation

You can also use shredded green cabbage or kale, red bell pepper, potatoes, mushrooms, and zucchini.

## Food Guide Counter

½ Grain Products Serving  
1 Vegetables and Fruit Serving  
1 Meat and Alternatives Serving

## Rainbow Vegetable Stir-Fry

**Prep time: 30 minutes**

**Serves: 4 servings**

**Ingredients:**

- 2 carrots
- 1 sweet red or yellow pepper
- 1 sweet green pepper
- Half bunch broccoli
- 2 tbsp (30 ml) sliced almonds
- 1 tbsp (15 ml) vegetable oil
- ¼ tsp (1 ml) each salt and pepper
- 2 tbsp (30 ml) oyster sauce
- 1 to 2 cups (250 - 500 ml) cooked brown rice

**Utensils:**

- Vegetable Peeler
- Wok or Skillet
- Serrated Knife

**Directions:**

1. Peel carrots; using serrated knife, trim off ends and slice into coins.
2. Remove stem from red and green peppers. Cut each pepper in half and remove seeds and membranes. Slice peppers into ½ inch (1 cm) wide strips. Cut florets from broccoli stems. Cut florets into bite-size pieces. Peel broccoli stems and slice into coins.
3. In wok or skillet, toast almonds over medium heat, stirring, until golden, 2 minutes. Place in bowl and set aside.
4. Increase heat to medium-high and add oil. Add carrots, peppers, broccoli florets and stems, and salt and pepper; stir fry for 2 minutes.
5. Add 2 tbsp (30 ml) water; cover and steam until carrots are tender-crisp, about 2 minutes. Remove from heat. Add oyster sauce; toss to coat.
6. Sprinkle with almonds.
7. Serve with 1 cup (250 ml) brown rice and a glass of soy milk to balance meal.

**Nutrition Facts (per serving):**

Calories: 103

Fat: 5 g

Protein: 3 g

Carbohydrate: 12 g

Fibre: 4 g

RECIPE ADAPTED FROM:

[www.canadianliving.com](http://www.canadianliving.com)

## Cooking Tip

A tender-crisp vegetable means it is tender on the outside with a slight crunch on the inside.

### Food Guide Counter

1 Grain Products Serving

2 Vegetables and Fruit Servings



## Chickpea Burgers

**Prep time: 30 minutes**

**Serves: 6 servings**

### Ingredients:

- 1 can (540 ml) chickpeas, drained
- 1 cup (250 ml) cooked rice
- 1/3 cup (75 ml) each grated onion, carrot, and zucchini
- 1/4 cup (50 ml) dry bread crumbs
- 1 egg, beaten
- 1 clove garlic, minced
- 2 tbsp (30 ml) tahini or peanut butter
- 1 tbsp (15 ml) lemon juice
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) each pepper and dry mustard
- 3 pita breads

### Utensils:

- Potato masher
- Large mixing bowl

### Directions:

1. In large bowl and using potato masher, mash chickpeas coarsely.
2. Stir in rice, onion, carrot, zucchini, bread crumbs, egg, garlic, tahini, lemon juice, salt, pepper, and mustard.
3. Shape into six 3/4 inch (2 cm) thick patties.
4. Place on a greased grill over medium-high heat; cook for about 5 minutes per side or until golden brown.
5. Halve pita breads; place burger in each pocket.
6. Serve with side salad and glass of milk to balance meal.

### Nutrition Facts (per serving):

Calories: 265

Fat: 5 g

Protein: 11 g

Carbohydrate: 44 g

### RECIPE FROM:

[www.canadianliving.com](http://www.canadianliving.com)

## Kid Tip

Does your young athlete dislike chickpeas? Have her help mash which may encourage her to taste her creation once cooked!

## Food Guide Counter

1 1/2 Grain Products Servings

1/4 Vegetables and Fruit Serving

1 Meat and Alternatives Serving



# Healthy Recipes

# Snacks

**NOTE:**

- Nutritional analysis may vary depending on ingredients and brands used
- Food Guide Servings are estimates based on recipe and incorporation of recommended sides



## Mango Lassi

**Prep time: 5 minutes**

**Serves: 1 to 2**

**Ingredients:**

- 1 ripe mango, peeled and chopped
- ½ cup (125 ml) low-fat plain or vanilla yogurt
- ½ cup (125 ml) milk
- Liquid honey
- ½ cup (125 ml) ice cubes

**Utensils:**

- Blender
- Knife and cutting board

**Directions:**

1. In blender, on high speed, blend mango, yogurt, milk, honey to taste and ice for 2 minutes or until smooth.

**Nutrition Facts (per serving):**

Calories: 190  
Protein: 6.2 g  
Fat: 2.7 g  
Carbohydrate: 38.8 g  
Fibre: 3.3 g  
Sodium: 72 mg  
Calcium: 203 mg  
Iron: 0.3 mg

**RECIPE FROM:**

Dietitians of Canada, Simply Great Food,  
Robert Rose Inc. 2007

### Food Guide Counter

½ Vegetables and Fruit Serving

½ Milk and Alternatives Serving





## Apple Cake

**Prep time: 45 minutes**

**Serves: 16 slices**

### Ingredients:

- 1 cup (250 ml) all-purpose flour
- 1 tsp (5 ml) baking soda
- 1 tsp (5 ml) ground cinnamon
- $\frac{3}{4}$  tsp (3 ml) ground nutmeg
- $\frac{1}{4}$  tsp (1 ml) salt
- $\frac{1}{4}$  cup (1 ml) butter or margarine, softened
- 1 cup (25 ml) granulated sugar
- 1 egg
- 2 cups (500 ml) sliced peeled apples

### Utensils:

- Large mixing bowl
- Electric mixer
- 8 inch (2 L) square metal cake pan
- Wire rack

### Directions:

1. In a bowl, combine flour, baking soda, cinnamon, nutmeg, and salt; stir to mix well.
2. In a bowl with an electric mixer, cream together butter and sugar.
3. Blend in egg. Fold in apple slices. Gradually add flour mixture, stirring after each addition.
4. Pour batter into prepared 8 inch (2 L) square metal cake pan.
5. Bake in preheated oven 350°F (180°C) for 30-45 minutes or until toothpick inserted in center comes out clean.
6. Cool on a wire rack before serving.

### Nutrition Facts (per serving):

Calories: 116

Fat: 3 g

Protein: 1.3 g

Carbohydrate: 21.7 g

Calcium: 1% DV

Iron: 5% DV

(DV = Daily Value)

### RECIPE FROM:

The Hospital for Sick Children - Better Food for Kids: Your Essential Guide to Nutrition for all Children from age 2 to 6

### WRITTEN BY:

Joanne Saab, RD, and Daina Kalnins, RD

## Food Guide Counter

$\frac{1}{2}$  Grain Products Serving



## High Calorie Boost® Oatmeal

**Prep time: 5 minutes**

**Serves: 1**

**Ingredients:**

- ½ cup (125 ml) vanilla Boost® drink
- 1 package instant oatmeal
- Cinnamon or nutmeg to taste

**Utensils:**

- Microwaveable bowl

**Directions:**

1. Pour oatmeal into microwavable bowl.
2. Stir in Boost®. Mix well.
3. Microwave uncovered for 1½ to 2 minutes until thickened. (Bowl will be hot as removed from microwave.)
4. Sprinkle with cinnamon and/or nutmeg. Let stand until desired consistency.

**Nutrition Facts (per serving):**

Calories: 220

**RECIPE FROM:**

**[www.boost.com](http://www.boost.com)**

### Food Guide Counter

1 Grain Products Serving

½ Milk and Alternatives Serving



## Simple Snack Mix

**Prep time: 5 minutes**

**Serves: three or four ½ cup (125 ml) servings**

### Ingredients:

- 1 cup (250 ml) whole grain cereal (squares or Os work best)
- ¼ cup (50 ml) dried fruit of your choice
- ¼ cup (50 ml) nuts, such as walnut pieces, slivered almonds, or pistachios
- ¼ cup (50 ml) small, whole-grain snack crackers or pretzels

### Utensils:

- Large bowl
- Measuring cups
- Large spoon
- Single-serving bags or containers to take this snack on the go.

### Directions:

1. Measure out ingredients.
2. Combine in large bowl.

Nutrition Facts **(not available):**

RECIPE FROM:

[www.kidshealth.org](http://www.kidshealth.org)

## Food Guide Counter

½ Grain Products Serving

## Yogurt Pops

**Prep time: 1 hour**

**Serves: 8**

**Ingredients:**

- 3 cups (750 ml) plain or flavoured yogurt
- 1 can 100% frozen juice concentrate, thawed
- $\frac{1}{3}$  cup (75 ml) liquid honey
- 1 tbsp (15 ml) vanilla

**Utensils:**

- Medium bowl
- Paper cups
- Wooden popsicle sticks

**Directions:**

1. In medium bowl, mix yogurt, juice concentrate, honey, and vanilla.
2. Pour into 3 to 4 oz / 6 tbsp (125 ml) paper cups, filling  $\frac{2}{3}$  full.
3. Freeze for 1 hour.
4. When almost frozen, insert wooden sticks. When completely frozen, peel off paper and enjoy.

**Nutrition Facts (not available):**

RECIPE ADAPTED FROM:

[www.canadianliving.com](http://www.canadianliving.com)

### Food Guide Counter

$\frac{1}{2}$  Milk and Alternatives Serving

$1\frac{1}{2}$  Vegetables and Fruit Servings

## Easy Yogurt Parfait

**Prep time: 5 minutes**

**Serves: 2**

**Ingredients:**

- 1 cup (250 ml) low-fat vanilla yogurt
- ½ cup (125 ml) unsweetened applesauce
- 1 cup (250 ml) fresh or frozen unsweetened strawberries, mashed
- 2 strawberries cut in half, for garnish (optional)

**Utensils:**

- Clear serving cups or dishes

**Directions:**

1. Alternate layers of yogurt, applesauce, and strawberry mash in individual clear serving dishes.
2. Top with strawberry halves.

**Nutrition Facts (per serving):**

Calories: 164

Protein: 6 g

Fat: 3 g

Carbohydrates: 32 g

Fibre: 3 g

Sodium: 72 mg

**RECIPE FROM:**

**[www.heartandstroke.org](http://www.heartandstroke.org)**

**BY:**

Deborah Hoffnung, RD.

### Food Guide Counter

½ Milk and Alternative Serving

1½ Vegetables and Fruit Servings

## Raspberry Snow Cones

**Prep time: 10 minutes**

**Serves: 4 servings**

**Ingredients:**

- 2 cups (500 ml) fresh or frozen raspberries or blueberries
- ¼ cup (50 ml) granulated sugar
- ½ cup (125 ml) orange juice
- 5 cups (1250 ml) ice cubes

**Utensils:**

- Blender or food processor
- Bowl

**Directions:**

1. In food processor or blender, purée raspberries with sugar; strain into bowl to remove seeds.
2. Stir in orange juice.
3. In blender, crush ice to make about 4 cups.
4. Mound ice into cone shape in each 4 chilled dessert dishes; drizzle with raspberry mixture.

**Nutrition Facts (per serving):**

Calories: 127

Fat: 9 g

Protein: 6 g

Carbohydrate: 7 g

Fibre: 2 g

**RECIPE FROM:**

**[www.canadianliving.com](http://www.canadianliving.com)**

### Food Guide Counter

1 Vegetables and Fruit Serving



## Kids Green Salad

**Prep Time: 15 minutes**

**Serves: 4**

**Ingredients:**

- 1 cup (250 ml) chopped celery
- 1 cup (250 ml) sliced green grapes
- 1 Granny Smith apple, sliced
- ¼ cup (50 ml) apple juice
- 2 tsp (10 ml) apple cider vinegar

**Utensils:**

- Medium size bowl

**Directions:**

1. Combine all ingredients in a medium-sized bowl and serve.

**Nutrition Facts (per serving - 175 ml):**

Calories: 55

Protein: 1 g

Total fat: 0 g

Carbohydrate: 14 g

Fibre: 2 g

Sodium: 27 mg

**RECIPE FROM:**

**[www.heartandstroke.org](http://www.heartandstroke.org)**

**DEVELOPED BY:**

Nadine Day, RD.

### Food Guide Counter

1½ Vegetables and Fruit Servings



**Prep time: 1 hour**

**Serves: 2 cups (500 ml)**

**Ingredients:**

- 1 can (19 oz or 593 ml) chickpeas, drained and rinsed
- 1 tbsp (15 ml) olive oil

**Savoury pizza crunch chickpeas**

- 2 tsp (10 ml) parmesan cheese
- 2 tsp (10 ml) dried oregano
- 1 tsp (5 ml) garlic powder
- ¼ tsp (1 ml) black pepper

**Southwestern spice chickpeas**

- 2 tsp (10 ml) ancho chili powder (or regular chili powder)
- 1 tsp (5 ml) cumin
- ¼ tsp (1 ml) black pepper
- dash of cayenne pepper (optional)

**Sweet cinnamon chickpeas**

- 2 tsp (10 ml) cinnamon
- 2 tsp (10 ml) sugar

**Utensils:**

- Large mixing bowl
- Baking sheet
- Airtight container

**Directions:**

1. Preheat oven to 350°F (180°C).
2. Drain and rinse the chickpeas and dry them really well in a paper towel. Place them in a large bowl and toss with olive oil. Set aside.
3. Mix together one of the spice mixtures. Toss with the chickpeas and place them on an ungreased baking sheet.
4. Bake for 50 minutes or until crunchy. Store in an air tight container for 3 days.

## Roasted Chickpeas – Three Ways

**Nutrition Facts (per ¼ cup - [50 ml]):**

Calories: 79

Protein: 3 g

Total fat: 3 g

Carbohydrate: 11 g

Fibre: 2 g

Sodium: 123 mg

**RECIPE FROM:**

**[www.heartandstroke.org](http://www.heartandstroke.org)**

**DEVELOPED BY:**

Nadine Day, RD.

### Food Guide Counter

½ Meat and Alternatives Serving



## Tropical Ball of Cheese

**Prep time: 30 minutes**

**Serves: 11 (¼ cups or 50 ml) portions**

**Ingredients:**

- 8 oz (250 ml) package of light cream cheese, softened
- 4 oz (125 ml) light tropical fruit cocktail, drained
- 1 cup (250 ml) walnuts, chopped

**Utensils:**

- Knife
- Large bowl
- Cutting board

**Directions:**

1. Cut tropical fruit into smaller pieces.
2. Combine softened cream cheese, fruit, and ½ cup (125 ml) walnuts.
3. Chill well in refrigerator.
4. Mold into a ball and roll cheese in remaining ½ cup (125 ml) of nuts.

**Nutrition Facts (per serving):**

Calories: 127

Protein: 5 g

Fat: 10 g

Carbohydrate: 5 g

Fibre: 1 g

Sodium: 110 mg

Calcium: 53 mg

**RECIPE FROM:**

**[www.kidshealth.org](http://www.kidshealth.org)**

### Food Guide Counter

½ Meat and Alternatives Serving

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# Young Athletes Nutrition Guide

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