

Healthy Lunch Ideas

Vegetables and Fruit

Vegetables in salads, soups
or sandwiches

Raw vegetables with low fat dip

Fresh fruit

Canned fruit (packed in water or juice)

Dried fruit (such as raisins, apricots)

100% fruit or vegetable juice



Milk and Alternatives

White milk or chocolate milk

Hard cheese or cheese strings

Yogurt or yogurt tubes

Milk pudding



To make a
well balanced lunch
include at least one
food item from each of
the four food groups
of Canada's
Food Guide.

Grain Products

Whole grain bread, rolls, pita,
tortilla, bagel, English muffin

Whole grain crackers

Whole grain cereal

Whole grain rice or pasta

Meat and Alternatives

Cooked chicken, fish, beef,
pork, turkey, ham

Tuna

Eggs

Baked beans

Split pea or lentil soup

Hummus

Nuts

Peanut butter

Healthy lunches
can be
**quick
and tasty!**

Due to allergies check what foods are appropriate at your child's school or recreation facility.

Please refer to the Brand Name Food List at <http://www.livinghealthyschools.com>
for examples of foods from each food group that meet the School Food Guidelines.

Making healthy lunches can be quick and easy!

Mix and Match!

Start with a Grain Product – whole grain bread, roll, pita, tortilla, bagel or bun

Add a Meat and Alternatives choice – turkey, tuna, egg or hummus

Top with a veggie – lettuce, tomato, shredded carrot

Round out the meal with a piece of fruit or yogurt and a glass of milk or water.

Lunch Bag Tips:

- ✓ Plan ahead and get kids involved.
- ✓ Use leftovers from supper to save time.
- ✓ Don't be swayed by advertising. Many prepared foods that are marketed as “kid friendly” are poor in nutrition.
- ✓ Select only juices that are 100% juice. Watch out for “beverages”, “punches”, “cocktails”, “ades” and “drinks”.
- ✓ Keep lunches cold with a frozen juice box or freezer pack.



Health Promotion
Division 2011

Canada's Food Guide includes many low cost,
convenient food choices

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>