



What Should I Pack for Lunch?

Quick and nutritious lunch ideas...

Grain Products + Meat and Alternatives

- ✓ **Sandwich** on a whole grain bun, bread, bagel, or English muffin with canned fish, turkey slices, ham, or leftover chicken.
- ✓ **Black Bean and Rice Medley**
- ✓ **Roast Beef Roll-Ups** – Lay sliced roast beef, mozzarella cheese and lettuce on a soft tortilla
- ✓ **Pasta salad**
- ✓ Hard-boiled **egg** and a homemade **muffin**
- ✓ Leftover **chili** and **whole grain crackers**
- ✓ **Hummus** and **pita triangles**

Vegetables and Fruit

- ✓ Raw **veggies** like carrot sticks, cucumber slices, red and green pepper rings, zucchini sticks and broccoli, served with or without a low-fat yogurt dip, cottage cheese or hummus
- ✓ Fresh **fruit** like grapes, bananas, orange wedges, apple, pear, strawberries, and melons
- ✓ Small packets of **dried fruit**

Milk and Alternatives

- ✓ Milk
- ✓ Cheese (shredded, cubed, sliced)
- ✓ Yogurt
- ✓ Fortified soy beverage

When packing your child's lunch try to include one food from each of the 4 food groups in Eating Well with **Canada's Food Guide**, and let them help decide!

Vegetables and Fruit
Grain Products
Milk and Alternatives
Meat and Alternatives

www.healthcanada.gc.ca/foodguide

Black Bean and Rice Medley

Ingredients

3 cups cooked rice, cooled to room temperature
16-ounce can of black beans, drained and rinsed
1 large tomato, seeded and chopped
½ cup shredded Cheddar cheese (optional)
4 green onions, chopped
1/3 cup light Italian dressing
1 tablespoon lime juice (optional)

Preparation

1. Combine rice, beans, tomato, cheese and onions in a large bowl.
2. Pour dressing and lime juice over rice mixture and toss.

For other ideas and tips for a great lunch visit www.dietitians.ca

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References

Black Bean and Rice Medley Recipe at CooksRecipe.com. Accessed July 21, 2014:
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