



# Healthy Choices For Healthy Learners

# Eat Right

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## If you eat right, so will your children!

Healthy eating and physical activity are important parts of an active, healthy lifestyle. As adults, we set an example for our children, and they learn through us, mimicking our behavior. Our eating habits influence our children's health and future, so how can we do better?

Eating Well with Canada's Food Guide provides practical tips and guidance to help you make healthy food choices. Learning more about Canada's Food Guide will help you and your family know how much food you need, what types of food are better for you, and the importance of physical activity in your day.

For example, Canada's Food Guide suggests that having at least one vegetable or fruit at every meal and as a snack will

help you get the amount of vegetables and fruit you need each day. Another tip mentions the importance of having enough grain products, half of which should be whole grain, each day. This can be achieved by eating a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.

By entering personal information such as age and sex, selecting various items from the four food groups and choosing different types of physical activities, you can create a tool that is customized just for you. For more information on making the right food choices, visit [Canada's Food Guide](http://Canada's Food Guide).

(Taken from: [www.universalchildcare.ca/eng](http://www.universalchildcare.ca/eng))



### WHY ARE HEALTHY LUNCHES AND SNACKS IMPORTANT AT SCHOOL?

Your child's school lunches and snacks are a major source of the essential vitamins and minerals they need to grow and develop over the years.

The foods you pack for your child will give them the energy and nutrients they need to learn and play at school. Without enough energy from food, they may feel tired and find it difficult to concentrate in class. Just like adults, if tasty healthy foods are not available when your child is hungry, the chances that he or she will reach for unhealthy junk food is greater.

### WHAT SHOULD I DO FOR SNACKS

As you plan snacks, think of them as a "mini meal" that includes two of the four food groups. Try these simple nutritious snack ideas:

- Whole grain crackers with a cheese stick
- Fresh cut fruit with a yogurt dip
- Nut-free trail mix. Combine dried cranberries, raisins, dried apricots, and apple rings with sunflower and pumpkin seeds, along with your kid's favorite cold cereal.
- Yogurt tube and small oatmeal muffin

(For more ideas/suggestions visit: [www.eatrightontario.ca](http://www.eatrightontario.ca))