

The Division of Prevention and Rehabilitation is committed to providing healthy food and beverages at all meetings and events.

# Making the *healthy* choice the *easy* choice!

- ✓ Offering whole grain products (e.g. breads, rice, pasta, tortillas, bagels)
- ✓ Choosing low-fat dairy products
- ✓ Emphasizing vegetables and fruit
- ✓ Using small amounts of condiments
- ✓ Preparing foods in a healthy manner



# Whole Wheat Crackers and Low-Fat Cheese

## Healthy Tip:

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label.



# Vegetable Tray with Mexican Bean Dip and Tzatziki

## Healthy Tip:

Lower your risk for heart disease and stroke by choosing antioxidant rich vegetables and fruit. Examples in today's menu include tomatoes, cantaloupe, carrots and red peppers.



# Nutty and Fruity Quinoa Salad

## Did you know?

Quinoa, a South American grain, contains more protein than any other grain. It is also rich in fibre, magnesium and iron.



# Spicy Bean Salad

## Healthy Tip:

Beans like kidney, lentil, garbanzo and romano are high in protein and fibre, and low in fat. Eaten regularly, they'll reduce your chances of developing heart disease. And beans cost only pennies per serving.



# Whole Wheat Pasta Salad with Roasted Vegetables and Goat Cheese

## Healthy Tip:

Choose whole grain products over refined or processed grains. Examples in today's menu include quinoa, whole wheat crackers & whole wheat pasta.



# Fruit Kabobs

## Healthy Tip:

Research shows that consuming high amounts of fruits and vegetables is associated with maintaining a healthy weight.

