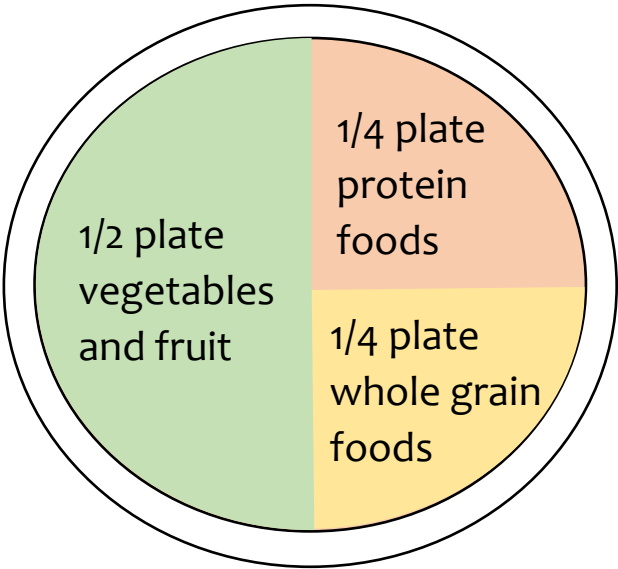


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Vegetable or Fruit							
Protein Food							
Whole Grain Food							
AM Snack							
Lunch							
Vegetable or Fruit							
Protein Food							
Whole Grain Food							
PM Snack							
Supper							
Vegetable or Fruit							
Protein Food							
Whole Grain Food							
Evening Snack							

Checklist	☐ Every day the AM, PM and evening snacks have a vegetable or fruit ☐ A variety of colors and textures are included everyday ☐ Water, milk, or fortified soy beverage are offered as drinks at meals and snacks (children) ☐ Make water drink of choice at all meals and snacks (adults)
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Building a healthy plate:

	Examples
Vegetables and fruit	Fresh, frozen or canned vegetables and fruit
Protein foods	Meat, fish, beans, eggs, cheese, yogurt, nuts, milk
Whole grain foods	Whole grain bread, pasta, cereals, oatmeal, rice



When using packaged foods – read the label:

Using a Nutrition Facts table

Nutrition Facts		
Per 1 bar (35 g)		
Calories 150	% Daily Value*	
Fat 2 g	3 %	
Saturated 0.5 g	3 %	
+Trans 0 g		
Carbohydrate 29 g		
Fibre 4 g	14 %	
Sugars 8 g	8 %	
Protein 5 g		
Cholesterol 0 mg		
Sodium 85 mg	0 %	
Potassium 100 mg	2 %	
Calcium 0 mg	0 %	
Iron 3 mg	17 %	
*5% or less is a little, 15% or more is a lot		

1 Look at the amount of food

2 Read the % daily values

- 5% is a little
- 15% is a lot

3 Choose items that have less sugar, fat and sodium!



4g of sugar = 1 teaspoon (tsp) of sugar.

Ex. if a granola bar has 20g of sugar = 5 tsp

Resources:

- First Nations Inuit Health Branch Nutrition Advisory Team – laura.white@canada.ca
- Four Weeks of Healthy Menus - [Four Weeks of Healthy Menus \(wrha.mb.ca\)](http://FourWeeksofHealthyMenus.wrha.mb.ca)
- AHS How to Plan a Menu - [Section 2 Planning a Healthy Menu \(albertahealthservices.ca\)](http://Section2PlanningaHealthyMenu.albertahealthservices.ca)
- AHS Handout – [Feeding Toddlers and Young Children](#)
- Recipes: [Early Learning and Childcare Recipes AHS](#), Dietitians of Canada [Cookspiration Kid Friendly](#), and Canada Food Guide [Kid Friendly Recipes](#), [Manitoba School and Childcare Recipe Collection eBook](#)