



School Cafeteria Program

## **Eat Smart! School Cafeteria Program**

### **Healthy Eating Announcements**

#### **Healthy Eating Announcement: *Vegetables and Fruit* (30 seconds)**

If you think you don't like vegetables or fruit, maybe you just haven't tried the best! Vegetables and fruit come in almost every shade of the rainbow and in almost every letter of the alphabet. Take advantage of the wonderful variety of vegetables and fruit available.

Dark green and orange are the colour of choice when it comes to vegetables and fruit. These foods are packed with fibre and nutrients like vitamin A and folacin. Go for salads, broccoli, spinach, squash, sweet potatoes, carrots, oranges or cantaloupe. Enjoy a variety of vegetables and fruit every day!

**Want to know more? Talk to your school nurse...**

---

#### **Healthy Eating Announcement: *Grains* (30 seconds)**

Make an Eat Smart! choice...

Go for whole grains! Grain products give you energy for your busy day.

Did you know that you should have 5 to 12 servings of grain products a day? You might think that's a lot, but you may already be eating more than this.

Select lower fat and high fibre choices more often.

Choose whole grains such as whole wheat, wheat bran, oat bran, oatmeal, barley, bulgar. Have sandwiches on whole grain breads, rolls and wraps or start your day with a bowl of whole grain cereal with fibre.

Make an Eat Smart! choice...

**Want to know more? Talk to your school nurse...**

---

### **Healthy Eating Announcement: *Milk Products* (30 seconds)**

Make an Eat Smart! choice...give lower fat milk a try! Break out of a habit. You may find that the taste is better than you think. As you lower your fat intake, lower fat foods will taste better and actually become a taste preference. Did you know? 1 cup of whole milk is like drinking skim milk plus 2 pats of butter!!! Lower fat milk contains the same amount of high quality protein and essential calcium as the higher fat milks. They have less fat and calories and still provide the same goodness.

**Want to know more? Talk to your school nurse...**

---

### **Healthy Eating Announcement: *Meat and Alternatives* (30 seconds)**

Want to improve your eating habits and Eat Smart? Pick a lean protein...meat and meat alternatives can be good sources of protein, iron and other nutrients. To keep the fat in your diet at a healthy level, limit your serving to the size of the palm of your hand or a deck of cards, select leaner meat and poultry more often, trim meat and remove the skin from poultry, eat less sausage, bacon, and high fat deli meats like bologna and salami, include more alternatives such as baked beans, dried peas, lentils, eggs and tofu for added variety to your meals.

**Want to know more? Talk to your school nurse...**

---

### **Healthy Eating Announcement: *Canada's Guidelines for Healthy Eating* (30 seconds)**

Canada's Guidelines for Healthy Eating promote 5 key messages:

1. Enjoy a variety of foods
2. Emphasise cereals, breads, other grain products, vegetables and fruits
3. Choose lower fat milk products, leaner meats and foods prepared with little or no fat.
4. Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
5. Limit salt and caffeine

**Want to know more? Talk to your school nurse...**

---

**Healthy Eating Announcement: *Canada's Guidelines for Healthy Eating***  
(30 seconds)

Want to improve your eating habits and Eat Smart?

Healthy eating is the sum total of all food choices made over time. It is the overall pattern of foods eaten and not any one food, meal or even a day's meals that determines if an eating pattern is healthy.

Make sure that you are getting all the nutrients you need by enjoying a VARIETY of foods. Each food group provides its own set of nutrients and foods within the same food group provide different nutrients. Selecting one food from each of the four food groups at each meal can help you adopt a healthy eating pattern

**Want to know more? Talk to your school nurse...**

---

