

*Eat more grain products, starchy
vegetables and legumes.
You'll be eating smart!*

School Cafeteria Program



Make an *Eat Smart!* Choice



Many people think that starchy foods like potatoes, beans, breads, pasta, rice and other grains are fattening. The truth is that these foods are naturally low in fat and often contain some dietary fibre.

Fibre gives you a feeling of fullness. It's the fat that's added that can make them higher in calories.