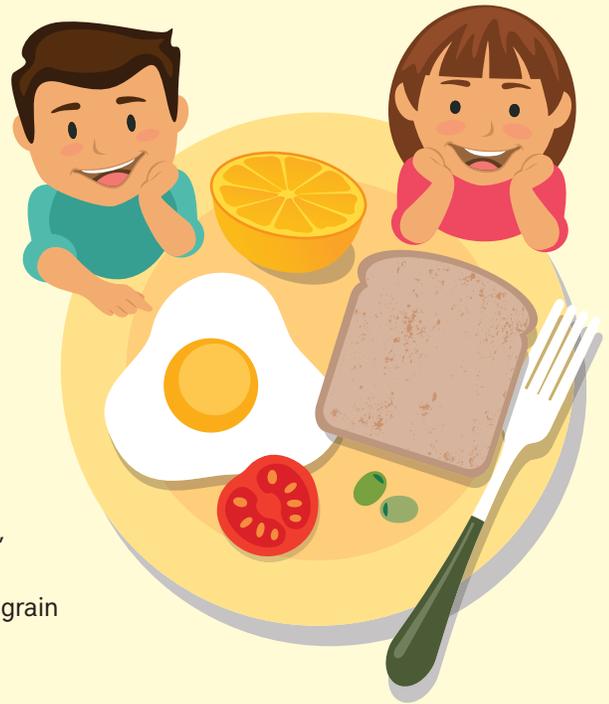


# Tips on how to make healthy breakfasts for your child

Breakfast is an important meal to start off your day. It will help your child to grow, stay healthy and be ready to learn. Here are some nutrition tips to help your child do their best at school.



## 1 Build a healthy breakfast that includes:

- **Vegetables and Fruit** like bananas, oranges, apples, dried apricots, cucumber, carrots, tomatoes or spinach.
- **Grain Products** like whole-grain breakfast cereals, oatmeal, whole-grain pitas and flat bread, brown rice and bulgur.
- **Milk and Alternatives** like skim, 1% or 2% milk, plain yogurt and Cottage or white cheese.
- **Meat and Alternatives** like eggs, chicken, beef, goat, lamb, fish, dried beans peas or lentils, almonds, walnuts, pumpkin or sesame seeds.

To find out more about healthy eating, get a copy of Canada's Food Guide available in Arabic or access online at: [healthcanada.gc.ca/foodguide](http://healthcanada.gc.ca/foodguide).

## 2 Plan ahead so that there is time for breakfast in the morning.

- Make sure homework is done and school bags are packed before bedtime.
- Have the children set the table for breakfast after dinner.
- Keep a bowl of fresh fruit on the counter and whole-grain breads and cereals easy for children to reach.
- Keep milk, water and juices in containers that are easy for children to pour by themselves.
- Stock your kitchen with nutritious foods so that you are ready to make healthy breakfast choices for your family.

## 3 Set a good example for your child by starting your day with a balanced breakfast too. Your child will be much more likely to make breakfast a healthy habit if you sit down to enjoy breakfast with them as often as possible.

## 4 Try these quick and easy breakfast ideas:

- A bowl of whole-grain cereal with sliced bananas and milk.
- Whole-grain bread toasted, topped with cheese and tomato.
- Fava beans with tomatoes, parsley and yogurt.
- Chickpea fateyh on a whole-wheat pita and some fruit.
- White cheese with za'atar, olives, pita and fruit.

### Do you have questions about making healthy food choices?

EatRight Ontario is a free service. You can talk to a Registered Dietitian in over 100 different languages, including Arabic by calling **1-877-510-510-2**.

The EatRight Ontario website is available in English and French at [www.eatrightontario.ca](http://www.eatrightontario.ca) and also has lots of information on healthy choices.

**EatRight Ontario**

SPEAK WITH A REGISTERED DIETITIAN FOR FREE

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## Tips on building healthy lunches for your child

School lunches are an important source of energy and nutrients that your child needs to grow and stay alert in class.

**Build a healthy lunch by using Canada's Food Guide. Here are some ideas to get you started. Choose a food from each of the different columns to build a variety of healthy lunches.**

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Pepper slices (red, green)	Whole-grain pita or other flat bread	Fruit yogurt	Cooked egg
Carrots, celery, cucumber sticks	Cold or hot unsweetened whole-grain cereal	Low-fat labneh or Greek yogurt	Canned tuna, sardines or salmon flavoured with spices, yogurt, pickles, apples
Pickled vegetables	Pasta, brown rice	Low-fat milk (skim, 1%, 2%)	Stewed lamb or goat
Tomatoes	Oatmeal or bran muffins	White cheese cubes, cheese string or cheese slices	Hummus
Cauliflower or broccoli pieces	Bread sticks	Milk-based pudding	Chicken shawarma
Orange or apple slices	Whole-grain breads and crackers	Ayraan or yogurt-based savoury drink	Baked falafel
Sliced pear	Bulgur	Milk-based soups	Fava beans or chick peas

**To learn more about healthy breakfasts or lunches or general healthy eating call EatRight Ontario.**

Speak to a Registered Dietitian for free in over 100 different languages including Arabic at **1-877-510-510-2** or visit **eatrightontario.ca** for more healthy eating tips, family friendly meal plans and ideas.

### Some sample lunch combinations to try:

- Sliced pepper, tomatoes and pita bread with hummus.
- Kibbeh: bulgur with ground beef and tomatoes.
- Marinated chicken on a whole-grain flatbread with shredded lettuce and grated carrot. Add fruit and a yogurt on the side.
- Tuna salad sandwich on whole-grain bread with pickled vegetables and an orange and a glass of milk.

### Important facts to know:

- **In many schools, peanuts and other nuts like cashews, almonds, walnuts and pine nuts are not allowed because some children have life-threatening allergies to nuts.** Check with your school about their nut-free policy before adding nuts to your child's lunch. Ask your child's teacher if there are any other foods that need to be avoided due to food allergies in the classroom.
- **It is important to keep foods packed for lunch safe to eat.** Keep cold foods cold by packing lunch with a reusable ice pack or frozen juice box. Keep hot foods hot by using a thermos.
- **Plan to add a few nutritious snacks for your child in their lunch bag.** Because children have smaller stomachs than adults, they usually can't eat that much at one time and may need a snack during the school day to refuel. Find out when your child's school has scheduled breaks for snack times, and don't forget about packing a snack for after-school.

**Get a copy of Canada's Food Guide in Arabic by calling EatRight Ontario.**



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