

Healthier Food Choices to Bring or Purchase at Recreation Centres



Making healthy food choices at a recreation centre can be done!

Look for healthier options at canteens or bring your own healthy food from home.



Pressed for time?

If you don't have time to pack your own meal or snack, the following chart will help you make the healthiest choices from vending machines or canteens.

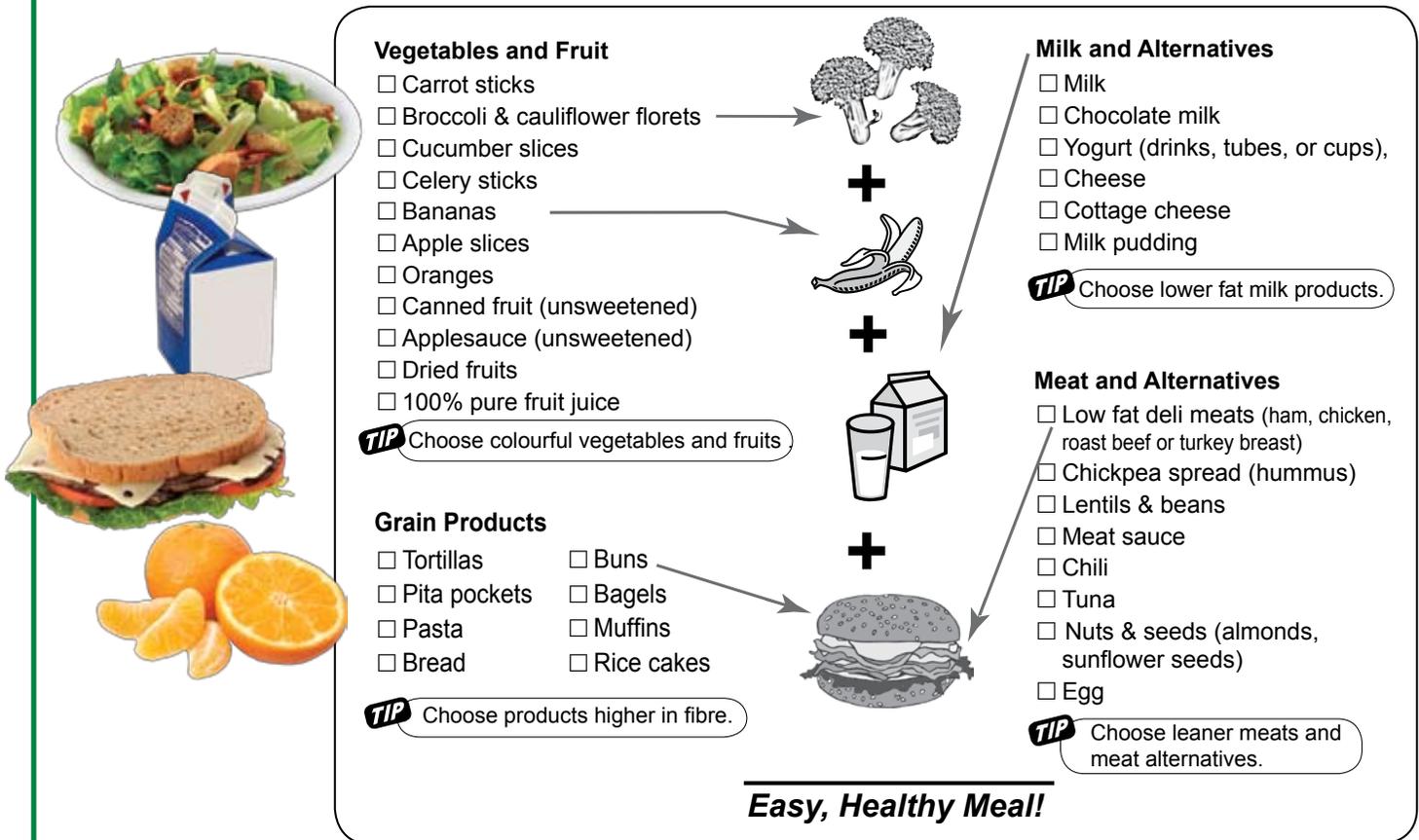
Instead of...	Choose...
Pop, juice cocktails or milkshakes	water, milk or 100% juice
Burger with mayonnaise, bacon, cheese and all the fixings	Small plain burger or grilled chicken sandwich with low fat dressing without bacon
Deep Fried Foods	Grilled, broiled, BBQ or baked foods
Extra large size	Small size
Fries	Small salad with low fat dressing
Ice cream	Fruit cup or yogurt
Potato chips	Trail mix or unsalted nuts
Chocolate bar	Fig bar or unsweetened dried fruit bar
Nachos	Plain tortilla chips and salsa
Popsicle	Frozen yogurt tube or 100% fruit juice bar



Bring your own meals & snacks - there are many benefits:

- ✓ It's less expensive
- ✓ You control portion sizes
- ✓ You control what goes into the food
- ✓ You get exactly what you want

Use the Food Groups:



a meal = at least 3 food groups

a snack = any 2 food groups

The Healthy Communities Partnership: Lanark, Leeds and Grenville (HCP:LLG) is a group of organizations, networks and individuals who are working together to make the healthy choice, the easy choice.

We want to ensure our residents have access to healthy food choices at recreation sites: arenas, bowling alleys, curling rinks, etc. Opportunities for healthy eating create a supportive environment for overall improved eating habits.

Nutrition is a key component of long-term health and prevention of disease.

