

Making Healthy Choices

No matter where you are eating there are healthy choices that deliver on nutritional benefits!

Eggs *Full of lutein to protect your eyes from macular degeneration in later life and mineral-rich high quality protein! Even if you have high cholesterol, having 3 eggs / week is not a problem.*

Pizza *We all love our pizza! The nutritional benefits start with calcium in the cheese, to lycopene in the tomato sauce! To choose the pizza lowest in fat and sodium look for: one-meat topping; stick to the thinner crusts!*

Cereal *Breakfast is the most important meal of the day, right? Studies show that eating breakfast improves academic performance; alertness; memory; mood and may even help you keep slim! When it comes to a healthy breakfast it's hard to beat a bowl of whole grain cereal! Enjoy whole grain cereals like Raisin Bran, All Bran and Cheerios*

Oranges *It's true oranges are an excellent source of vitamin C. One medium orange delivers ~ 30 mg vitamin C (women need 75mg/ men 90mg of vitamin C daily). They also delivers on other antioxidants, folate, potassium and soluble fibre. Enjoy them as a juicy dessert or a mid-day snack!*

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