

Blast Off with Breakfast!

Dear Elementary School Principal,

The North Bay Parry Sound District Health Unit is asking for your support to help elementary school children develop healthy breakfast eating habits. To address concerns about children arriving at school hungry and to reinforce healthy habits at home, we are providing your school with a breakfast promotion kit. The enclosed “**Blast Off with Breakfast**” Kit provides the school with a wide variety of activities and resources to raise awareness among parents and children of the importance of eating breakfast.

The enclosed **Blast Off with Breakfast Kit** contains two main sections:

- Parent section includes: reproducible fact sheets with “Grab-n-Go” breakfast ideas, tips and recipes.
- Teacher/school section includes: Breakfast Background, Key Breakfast Messages, Morning Announcements, School Newsletter Inserts, School/class Breakfast Promotion Activities and *Canada’s Food Guide to Healthy Eating* tearsheet.

The Index provides full details on each resource and how it may be used. In addition, other key components of the **Blast Off with Breakfast Campaign** include the:

- **Blast Off with Breakfast Display** – available on loan to schools. See attached Display Information for more details.
- **Blast Off with Breakfast Brochure** – available in large quantities to distribute to parents

Encouraging good breakfast habits help children get the nutrition they need to concentrate and do well at school. Thank you in advance for helping to ensure children start the school day alert, well fed and ready to learn.

Please feel free to contact me if you have any questions, to request **Blast Off With Breakfast Brochures** or to book the **Blast Off with Breakfast Display**.

Sincerely,

Erin Frank, RD
Public Health Dietitian
North Bay Parry Sound District Health Unit
705-474-1400, ext. 2532



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Blast Off with Breakfast (BOWB) Kit

Resource Index

School Section

Cover letter to Principal.....	Overview of the BOWB campaign.
Breakfast Display Information Sheet.....	Overview of the BOWB display and how to reserve it for your school.
Teacher Backgrounder.....	Background research on the importance of breakfast to children's health and learning.
Key Messages about Breakfast.....	Main messages that guide the BOWB campaign.
Parent Letter.....	Letter from the school principal/teachers to parents. Promotes the importance of breakfast and introduces the BOWB factsheets.
School Morning Announcements.....	Series of 12 10-second morning announcements to promote a healthy start to the day.
School Newsletter Inserts.....	Series of 4 short newsletter inserts. Great for school newsletters or updates to parents.
Breakfast Promotion Activities.....	Classroom or school-wide activities and ideas to promote importance of eating breakfast.

Parent Section

Fact sheets and recipes for schools to send home to parents or offer at parent-teacher evenings. Practical tips for parents to help their children eat breakfast.

Blast Off with Breakfast!

Blast Off with Breakfast Display Information Sheet



Book the breakfast display for your school's front lobby, for a special school event or assembly, or for School Council meetings. The display is a visual support to the **Blast Off with Breakfast** campaign materials.

The display comes with:

- Table top display board
- **Blast Off with Breakfast brochure**
- “How many Cheerios in the Bowl” activity
- Ballots
- Ballot box

The display will require a table for setup.



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Teacher Backgrounder

Health Risks

Food choices children make directly influence learning and health. Nutrition plays an instrumental role in optimal health, growth, intellectual development, preventing immediate health problems (e.g., iron-deficiency anemia, obesity, eating disorders) and preventing chronic diseases (e.g., Type 2 diabetes, heart disease, cancer, osteoporosis). (1)

Academic Performance

- Even moderate under nutrition can have lasting effects on children's cognitive development and school performance. (2)
- Skipping breakfast can adversely affect children's performance in problem-solving tasks.(3)
- Studies of the School Breakfast Program show participation was associated with improved test performance, reduced tardiness and absence rates, increased attention and improved behaviour. (3)
- A study showed children who were at nutritional risk had significantly poorer attendance, punctuality and grades at school, and more behaviour problems. (4)
- Research on the value of eating breakfast showed that both high-sugar beverages and skipping breakfast decreased attention and memory. Eating a nutritious breakfast (especially one with complex carbohydrates) helped to maintain mental performance over the morning. (5)

Eating Habits

The survey, Trends in the Health of Canadian Youth, reported that:

- more than 30% of Grade 6 students did not eat breakfast daily; and,
- a consistent increase was found in both males and females who did not eat breakfast daily as grade level increased. By Grade 10, 60% of females did not eat breakfast every day. (6)

References

- (1) Centers for Disease Control. Guidelines for School Health Programs to Promote Lifelong Healthy Eating. Journal of School Health, 1997; 67(1): 9-26.
- (2) Center on Hunger, Poverty, and Nutrition Policy. Statement on the Link Between Nutrition and Cognitive Development in Children. Medford, MA: Tufts University School of Nutrition, 1995.
- (3) Energizing the Classroom: A Summary of the Three Year Study of the Universal Breakfast Pilot Program in Minnesota Department of Children, Families and Learning.1998.
- (4) Cueto S. Breakfast and Performance. Public Health Nutrition 2001. Dec; 4 (6A): 1429-31.
- (5) Wesnes KA, Pincock C, Richardson D, Helm G, Hails S. Breakfast Reduces Declines in Attention and Memory over the Morning in Schoolchildren. Appetite 2003 Dec; 41 (3) 329-31.
- (6) King AJC, Boyce WF, and King MA. 1999 Trends in the Health of Canadian Youth. Ottawa. Health Canada.



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Blast Off with Breakfast!

Key Messages About Breakfast

- Eating a nutritious breakfast contributes to good health that can last a lifetime.
- Breakfast provides essential nutrients that eliminate hunger symptoms such as headache, fatigue, sleepiness, and restlessness.
- Children who are hungry cannot learn effectively. Breakfast provides the energy needed to be productive and alert.
- Children who eat breakfast have an easier time learning and show greater improvements on test scores than students who skip breakfast, e.g., they are better able to concentrate, make fewer errors, score higher on tests, are more creative and work faster.
- Children who eat breakfast are less likely to be absent from school or to be late.
- Children who eat breakfast behave better in school. They are more cooperative and get along better with classmates.
- Children miss breakfast for many reasons:
 - not enough time
 - two working parents leave early and the child is left to eat breakfast on his/her own
 - parental role modeling e.g., parents don't eat breakfast
 - long bus rides - children are on the bus at such an early hour they do not feel hungry and/or may not feel like eating
 - skipping meals as a means of weight control
- Breakfast doesn't have to be complicated. "Grab-n-Go" with string cheese in a tortilla, a piece of fruit, leftover chicken, or yogurt. Eat breakfast at home, school, or on the go. For a quick breakfast, try milk in a single-serve carton with a banana and bagel.
- Sugary foods, such as soda or candy, eaten in place of nutritious alternatives cause a quick rise in blood sugar and energy in kids. About an hour later, blood sugar and energy decline rapidly resulting in symptoms of hunger.



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Blast Off with Breakfast!

Dear Parent or Guardian,

Studies show that some Canadian children are not eating breakfast. Why is this meal so important? Breakfast provides important foods that growing children need to reduce headaches and feel less tired. Children who skip breakfast do not learn as well as children who eat breakfast each morning. Breakfast provides the energy they need to be alert and make fewer errors during class.

Children miss breakfast for many reasons. One reason is lack of time. Many children may be too rushed in the morning to take the time to eat. Our school is promoting breakfast this year, with support and resources provided by our local health unit. As part of this activity, the children are learning:

- why breakfast is important
- what makes up a healthy breakfast, and
- ideas for quick "Grab-n-Go" breakfast items.

Other activities to promote breakfast include morning announcement reminders and newsletter articles with tips and recipes to make breakfast eating fast and easy for everyone.

I would like your help to promote breakfast. By encouraging good breakfast habits, you help children get the nutrition they need to pay attention and do well at school. The attached fact sheets provide great tips and ideas on how to make sure your children eat breakfast - at home, while waiting for the bus or at school!

Please feel free to contact me if you have any questions. Thank you in advance for helping to make sure that our children start the school day alert, well fed and ready to learn.

Sincerely,

Principal/Teacher

Blast Off with Breakfast!



Breakfast is the quickest and tastiest way to help you do better on special tests and everyday classroom work.

Whatever you do...eat breakfast!



Breakfast helps put a sparkle in your eyes, a shine to your cheeks, and a smile on your face - what a way to start the day!

Whatever you do...eat breakfast!



Eating in the morning is the easiest and tastiest way to energize your day and put you in a happy mood.

Whatever you do...eat breakfast!



Breakfast eaters get more vitamins and minerals - the nutrients you need to stay healthy.

Whatever you do...eat breakfast!



Breakfast provides the energy for school sports, lunchtime basketball games or recess games.

Whatever you do...eat breakfast!



Do you eat breakfast but your parents don't? Remind them of how much more energy they'll have if they start the day with breakfast.

Whatever you do...eat breakfast!



It's quick and easy to enjoy breakfast even if you eat it in the car, while waiting for the bus, or sitting at your desk.

Whatever you do...eat breakfast!





No time for breakfast? Even the busiest kids have time for a "Grab-n-Go" breakfast such as a banana and yogurt or leftover pizza with juice.

Whatever you do...eat breakfast!



Breakfast is as easy as 1-2-3! Choose foods from at least 3 of the 4 food groups and you'll have a morning boost that will last until lunchtime. Go with a whole grain cereal, add milk and top with fruit.

Whatever you do...eat breakfast!



No time for breakfast at home? Then make it a part of your schedule at school. The School Breakfast Program is a perfect place to "Grab-n-Go" breakfast with your friends.

Whatever you do...eat breakfast!



Breakfast skippers really miss out! Breakfast eaters do better in school and have more energy for sports and other activities. So grab an apple, bagel, and milk tomorrow and see how much better you feel.

Whatever you do...eat breakfast!



Busy kids need "Grab-n-Go" breakfasts. Try a tortilla wrap with ham and cheese, a bag of trail mix and a carton of milk, a smoothie with yogurt, fruit and milk, or an English muffin with peanut butter and milk.

Whatever you do...eat breakfast!



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School Newsletter Inserts



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Blast Off with Breakfast!

We all know that nutrition is important for our children's health and growth. Now research is showing how healthy eating behaviours, particularly eating breakfast, help kids learn. Kids who eat breakfast:

- are more able to concentrate on learning,
- make fewer errors,
- score higher on tests, and
- are more creative than kids who skip breakfast.

Studies show that kids who eat breakfast are also:

- less likely to be absent,
- less likely to be late, and
- less likely than kids who skip breakfast to be sitting in the office with a headache.

As well, the research indicates that kids who eat breakfast behave better in school. They tend to:

- be more cooperative,
- be less likely to be sent to the principal's office for discipline, and
- get along better with classmates than kids who skip breakfast.

Whatever you do...eat breakfast!



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Blast Off with Breakfast!

Lack of time is the most often excuse for not eating breakfast by both kids and parents! Limited time in the morning doesn't mean that a nutritious breakfast isn't possible. A good breakfast can be very simple and quick to put together, as well as to eat.

Try these **3-Minute Quick Fixes** for breakfast:

- toasted English muffin, peanut butter, glass of milk
- crackers, cheese and orange wedges
- instant oatmeal, canned peaches, milk
- baby carrots, cheese stick, multigrain bagel
- ham and cheese sandwich, glass of chocolate milk
- container of yogurt, apple and whole wheat toast
- cereal, banana, milk
- tortilla shell with grated cheese and salsa, and orange juice

One of the most powerful ways to get your kids to eat breakfast is to eat breakfast yourself. Be a positive role model... eat breakfast with your children and see how good you feel!

Whatever you do...eat breakfast!



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Blast Off with Breakfast!

Children who don't eat breakfast are less likely to consume all the nutrients they need each day to grow and develop. One such important nutrient is calcium...the bone building mineral found in milk and other dairy foods.

Eating a nutritious breakfast is a great way for children to help meet their daily needs for key nutrients including calcium. Kids aged 4 to 9 years need 2 to 3 servings of milk products each day. Youth aged 10 to 16 years need 3 to 4 servings per day. One serving equals 1 cup milk, 3/4 cup yogurt or 1 ½ oz. block cheese.

Put Milk in “The Morning Mix”!

- Make a fruit smoothie the night before and mix just before serving at breakfast.
- Freeze leftover smoothie into popsicle moulds for a cool breakfast.
- Spoon cereal into a container of yogurt for a crunchy twist.
- Wrap a whole wheat tortilla shell around shredded cheese and salsa...microwave for a hot breakfast meal!
- Serve hot chocolate made with milk on cold winter mornings.
- Make microwave unflavored hot cereals with milk instead of water.

Whatever you do...eat breakfast!



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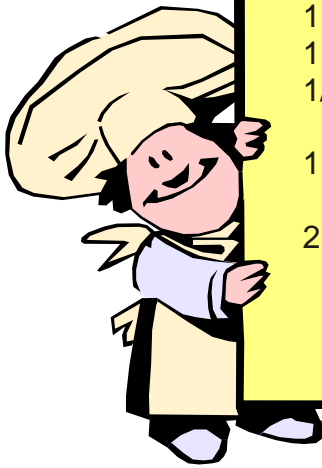
Blast Off with Breakfast!

Begin the day with a power smoothie...tastes great, quick and easy to make, a great source of bone building calcium and, best of all, gives kids and parents the jump they need for a productive day!

Power Smoothie

2 cups milk (2% MF or less)
1 frozen banana, peeled and sliced
1 tsp. vanilla extract
1/4 cup chocolate syrup

1. Place all ingredients in a blender or food processor.
2. Blend at high speed until smooth.



Tips

- Keep a stock of frozen bananas so you can whirl this drink up when the mood strikes!
- For extra protein and calcium toss in 4 tbsp. of skim milk powder.
- Have extra beverage left over? Pour into popsicle moulds and freeze for a refreshing treat after school!

Whatever you do...eat breakfast!



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Blast Off with Breakfast!

Breakfast Promotion Activities

The following activity ideas may be used as part of classroom teaching to meet the Healthy Eating component of the Health and Physical Education curriculum. Also, they may help to encourage school-wide awareness raising of the importance of eating breakfast before coming to school.

Brown Bag Breakfast (Home Activity)

Encourage children to have a back-up plan for those days when they may leave home without eating breakfast (e.g., they are rushed in the morning, parents are not home to assist with preparation). Have the students ask their parents to help them prepare a list of foods that they can keep on hand to “grab-n-go” in the mornings. Breakfast should include foods from at least three of the four food groups. Before class begins, ask students if anyone had a “grab-n-go” breakfast and ask students to describe what they packed. Discuss how easy it is to eat a healthy breakfast even if a student is rushed in the morning.

Family Breakfast (Home Activity)

Ask students to select one weekend and look at what their family eats for breakfast. Ask them to illustrate, or write down, the foods that are served for a weekend breakfast. They can count how many food groups are represented. Hold a class discussion about the importance of eating a variety of foods.

Breakfast Wall Hanging

Have students make a wall hanging of healthy foods for a breakfast they would like to eat. Provide magazines or grocery store flyers and ask students to cut out and stick three or four food pictures onto a strip of paper. Tape the strip to the wall with the food pictures showing. Students can explain to their classmates what their breakfast includes and why.

Explain that a breakfast should include foods from at least three of the four food groups: one serving from the Grain Products food group, one serving from the Vegetables & Fruit food group, and one serving from either the Milk Products or the Meat & Alternatives food groups.



Breakfast Pot-Luck

Arrange a breakfast pot-luck to encourage students to taste a variety of breakfast foods. Send home letters requesting samples of typical foods eaten for breakfast by the students' families. Students can prepare simple recipes. Ask students to describe why they chose the dish they did. If a breakfast program exists at the school, work with the leader and students to tie this activity together with the program. Be aware that some students may have allergies to certain foods. Be sure to discuss this with their parent/guardian. Discuss with students that allergies can also affect someone's food choices.

Breakfast Discussion

Ask the students to talk about who likes eating breakfast in the morning. Why?

Discuss why it is important that you eat breakfast in the morning to break the overnight fast. Refer to the Teacher Backgrounder and Key Messages about Breakfast in the BOWB Kit. Explain that a breakfast should include foods from at least three of the four food groups: one serving from the Grain Products food group, one serving from the Vegetables & Fruit food group, and one serving from either the Milk Products or the Meat & Alternatives food groups. Sensitivity is needed where a student's food choices may be limited by home situations.

Discuss examples of breakfasts that contain foods from at least three of the four food groups. Ask the students to describe the most unusual breakfast they have ever eaten.

Breakfast Planning (Home Activity)

Send a letter home asking students and their parents/guardians to plan and prepare a breakfast for the entire family. The meal should be based on at least three of the four food groups: one serving from the Grain Products food group, one serving from the Vegetables & Fruit food group, and one serving from either the Milk Products or the Meat & Alternatives food groups.

Have students who were able to do this activity report in class what they prepared. Sensitivity to home situations is required.

Source: Adapted from Region of Peel Health Department, Toronto Public Health, York Region Health Services, Discover Healthy Eating! A Teacher's Resource for Grades 1- 8, 2000. To download go to www.city.toronto.on.ca/health (click on Publications).



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Blast Off with Breakfast!

Top 10 Reasons to Eat Breakfast

1

Start the day right. Eating in the morning is the easiest and tastiest way to energize your day and to reduce your stress.

2

Change your family's attitude. It's a fact; eating breakfast makes kids more positive, less irritable, and more fun to be around, all morning long!

3

Improve kids' performance at school. Breakfast is the quickest and tastiest way to help kids do better on special tests and everyday classroom work.

4

Improve your performance at work. Breakfast works for you, too. It can help you concentrate on your work, boost your morale, and do a better job.

5

Improve everyone's physical performance. Breakfast provides fuel for school sports, lunchtime basketball games, or neighbourhood power-walks.

6

Help your family maintain a healthy weight. Breakfast eaters have an easier time controlling their weight than breakfast skippers.

7

Get the nutrients your body needs. Breakfast eaters are more likely to get the nutrients they need to fight infections and stay healthy.

8

Look great and feel better. Breakfast helps put a sparkle in your eyes, a shine to your cheeks, and a smile on your face...what a way to start the day!

9

Set a super example for your kids. If you enjoy eating well in the morning, your kids will, too! Eat breakfast... your kids are watching.

10

Enjoy the great taste of eating well. Stick with old favorites or be bold and try new tastes. Wake up your taste buds with the delicious flavours of health.

Whatever you do...eat breakfast!



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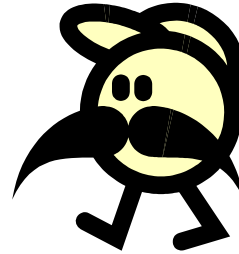
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Where is Your Milk Moustache?



The popularity of the national milk moustache campaign, with celebrities sporting a milk moustache for the camera, can work in your school! Encourage the students in your school to drink milk as part of a healthy breakfast with the “Milk Moustache” theme.

Why Promote Milk?

Sweetened fruit beverages, sports drink and soft drinks are increasing in many children's diets and milk intake is declining. This means that children are not getting enough of the essential nutrient calcium...the bone building mineral found in milk products.

Advocate for a school nutrition environment that supports milk intake and reduces the availability of high sugar, low nutrient beverages such as pop, fruit drinks and sports drinks.



Turn over for Milk
Moustache Activities



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Milk Moustache Activities

Live Moustache Contests

Paint moustaches on students, school staff and principal. Let the students vote on their favorite, or the biggest or the funniest or the most handsome moustache by either a show of hands at an assembly or by ballot in the school lobby.



Moustache Photo Shoots



Take a class picture or individual pictures with students and their teacher sporting a milk moustache. Place the photos in the front lobby (perhaps during parent teacher night or school council meetings) for parents, visitors and other students to admire.

Publish some photos in the school newsletter or invite the local press to take a picture and publish in the community newspaper. This is great publicity for your school and a wonderful opportunity to show the public that your school is an active participant in creating healthy school nutrition environments.

How to make the "Moustache"

1. Take 2 tbsp. of vanilla yogurt and add enough milk to make a thick paint.
2. Make it thick enough to show up but not too thick that it looks like pudding!
3. Paint on with a Q-Tip or popsicle stick and wipe off with a napkin.



Blast Off with Breakfast!

Nutrition-at-Home

Breakfast at home can be as easy as 1-2-3! The ideal breakfast includes quick and easy selections from at least three of the four food groups from *Canada's Food Guide to Healthy Eating* to assure that important vitamin and mineral needs are being met. Put them altogether and you've got a morning boost for a high energy day. Let your family create tasty combos or try one of these guaranteed-to-please ideas!

- * Breakfast burritos with scrambled eggs and veggies
- * English muffin pizza with tomato sauce and mozzarella cheese
- * Cereal (mix your favorites), sliced banana, and milk
- * Yogurt parfait with layers of granola and dried fruit
- * Grilled ham and cheese sandwiches with veggie juice
- * Microwave quesadillas with cheese and salsa
- * Whole wheat pancakes with sliced peaches and vanilla yogurt
- * Leftovers of your choice with fruit juice or milk
- * Tomato soup made with milk and whole wheat soda crackers

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Blast Off with Breakfast!

Nutrition-to-Go

Busy families need "Grab-n-Go" breakfasts. Here are some tasty ways to have your morning meal on-the-run. It's quick and easy to get all the benefits of breakfast even if you're eating in the car, at the bus stop, or at your desk. Try one of these 10 delicious combos tomorrow morning and the whole family will rise, shine AND save time!

- * A bagel with a slice of lower fat cheese, and apple juice
- * A banana, a piece of string cheese, and a mini-muffin
- * A tortilla wrap with slices of lean ham and lower fat cheese
- * An English muffin with peanut butter and some milk
- * A carton of yogurt, a whole grain cereal bar, and juice
- * An apple, a whole wheat roll, and a hard-boiled egg
- * A peanut butter and banana sandwich with milk
- * A shake or smoothie made with yogurt, fresh or frozen fruit, and milk
- * A piece of leftover pizza with orange juice
- * A baggie of trail mix and a carton of milk



Whatever you do...eat breakfast!



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Shopping List For Grab-n-Go Breakfast Items

Breads, Bagels, English Muffins, and Wraps

- Choose whole grain varieties more often
- Look for varieties with 2 or more grams of fibre per serving

Cereal Bars/Fruit Newtons

- Look for bars with at least 1 gram of fibre and/or less than 15 grams of sugar e.g., Oatmeal to Go Bar, Our Compliments Cereal Bar, President's Choice Cereal Bar
- Try generic or store-brand varieties of newtons

Cereal

- Choose whole grain varieties more often
- Look for varieties with 3 or more grams of fibre per serving, e.g, Corn Bran, Shreddies, Fruit & Fibre, Cheerios, oatmeal
- Purchase single serving boxes, cups or packets

Crackers

- Choose whole grain/lower fat varieties
- more often e.g., Triscuits, Stoned Wheat
- Thins, whole wheat soda, rice crackers



Eggs

- Hard boil for convenience
- Make egg salad for wraps

Fruit

Canned

- Buy in own juice or light syrup
- Try snack sizes with pull-off lids; consider applesauce, apricots, mandarin oranges, mixed fruit, peaches, pears

Fresh

- Choose small kid-friendly sized fruit: apples, bananas, grapes, kiwi, nectarines, oranges, pears, plums, raisins, and other dried varieties

Juice

- Choose fruit and vegetable juice made with 100% juice
- Use frozen individual 100% juice boxes as great lunch bag freezer packs

Lean Sliced Meat, Poultry or Fish

- Choose lean turkey, chicken, ham, roast beef, tuna (canned in water) or salmon more often

Milk Products

- Choose lower fat milk (2% MF or less), white or chocolate in individual servings
- Choose cheese strings, or individual cheese portions, or cut block cheese into cubes
- Choose yogurt, yogurt drinks or yogurt tubes, 2% MF or less

Mixed Nuts

- Choose bulk varieties and package in individual zip baggies



North Bay Parry Sound District

Health Unit

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Recipes Easy breakfast ideas for families on the go!

Trail Mix

2 cups corn and bran cereal squares
½ cup multigrain cereal circles
1 cup raisins
½ cup almonds
½ cup sliced dried apricots
1/3 cup pumpkin seeds

Mix all ingredients together.
Make ahead, store in bowl covered in plastic wrap or re-sealable plastic bags. Makes six cups or 12 - ½ cup servings.

Substitutions: Any dried fruits or combination of dried fruits such as cranberries, blueberries, cherries, apples and/or pineapple instead of raisins or apricots. If preferred, use sunflower seed instead of pumpkin seeds.

Serve as healthy snack as is or sprinkle it over a bowl of plain sweetened or fruit-flavoured yogurt.

Big-Batch Bran Muffins

Preheat oven to 375°F (190°C) Two 12-cup muffin tins, greased or paper-lined

5 cups all-purpose flour	1 tbsp ground cinnamon
5½ cups 100% bran cereal	4 cups buttermilk or sour milk (see Tip below)
2 cups packed brown sugar	1 cup vegetable oil
1 cup chopped dates or raisins	4 eggs
1 tbsp baking soda	

1. In a large bowl, combine flour, cereal, brown sugar, dates, baking soda and cinnamon.
2. In another large bowl, mix together buttermilk, oil and eggs. Stir into dry ingredients and mix until moistened.
3. Spoon batter into muffin cups, filling to the top. Bake in preheated oven for 25 to 30 minutes or until golden brown. Cool in pans for 5 minutes; remove muffins. Cool on wire rack. Store in airtight containers; freeze, if desired.

Tips

This batter can be prepared and stored for up to 2 weeks in the refrigerator. Pour batter into prepared muffin tins and bake as needed. Or you can bake the whole batch and keep extras in the freezer. Pack these muffins with a shake for a quick Grab-n-Go breakfast.

Source: Cook Great Food, Dietitians of Canada, Robert & Rose Inc. 2001.

