

Smart Eating Makes The Grade!

"Giving Your Body Good Fuel"

Fuel for Life!

Just as a plane needs fuel to fly, your body needs energy to do its work. Your body is at work every day building bone, muscle, thinking, making blood, pumping the heart, fixing bumps and bruises, and so much more! In order to keep working, your body needs the good fuel that you get from eating healthy foods.

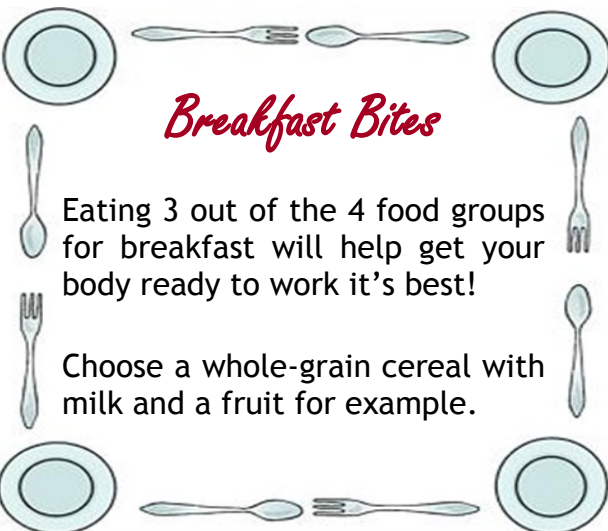
Did you know?

There is no "super food" that gives your body everything it needs. Your body needs a variety of foods that are found in Canada's Food Guide.

Choose good fuel

Eating food found in Canada's Food Guide gives your body good fuel that helps you think better, play longer, fight sickness, and grow well.

Keep the Body working on Good Fuel



Breakfast Bites

Eating 3 out of the 4 food groups for breakfast will help get your body ready to work it's best!

Choose a whole-grain cereal with milk and a fruit for example.

Skin

- Vegetables & Fruit
- Meat and Alternatives

Brain

- Grain products
- Vegetables & Fruit
- Milk & Alternatives
- Meat and Alternatives

Muscles

- Grain products
- Milk & Alternatives
- Meat & Alternatives

Eyes

- Vegetables & Fruit

Immunity

- Vegetables & Fruit

Bones

- Milk & Alternatives
- Vegetables & Fruit

Heart

- Grain products
- Vegetables & Fruit





Healthy Bodies Healthy Minds

Being active for 60 minutes every day can help students:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills
 - Hit the slopes! Try skiing, snowboarding or tobogganing
 - Try ice skating, hockey or ringette
 - Make a snowman or snow-angel!
 - Walk in a winter wonderland!



Choosing Good Foods to Fuel Energy

Foods that give long-lasting energy	Foods that only give short-lasting energy
Whole fruit with the skin	Fruit juice or fruit bars
Fresh, frozen or canned vegetables	Vegetable juices
Whole grain bread, pasta or rice	White bread, pasta or rice
Couscous, barley, sweet potato	Croissants, pastries and muffins
Whole-grain cereals	Sugary cereals
Lentils, kidney beans, pinto beans, baked beans	Cookies, cakes and candies
Eggs, meat & peanut butter	Pop, energy drinks
Milk, yogurt and cheese	Granola bars, chips

Tasty Taco Salad

Prep: 20 min. Cook: 10 minutes
(6 servings)

- 12 oz lean ground beef 340 g
- 2 cups tortilla chips 500 mL
- 1/2 cup salsa 125 mL
- 1 cup shredded lettuce 250 mL
- 1 cup grated cheddar cheese 250 mL
- 1/4 cup sour cream 50 mL
- 1 small tomato, diced 1
- 1/2 tsp oregano 2 mL

Reference:
Healthy U. The Amazing Little Cookbook

1. Cook ground beef in a skillet on medium high for about 10 minutes, until meat is no longer pink.
 2. Stir frequently to break up the meat.
 3. Remove from heat and drain fat.
 4. Stir salsa and oregano into the meat and cover.
 5. Cook on medium heat for another 5 minutes, stirring once or twice.
 6. Divide up tortilla chips onto serving plates or bowls.
 7. Scoop the meat mixture over top, then add cheese, lettuce, tomatoes, sour cream and extra salsa.
- Serve with raw veggies for munching.

For more nutrition topics, go to the news and events section of www.rha-central.mb.ca.
Regional Nutrition Services Team

