



## NUTRITION

### HEALTHY FOOD ON-THE-GO

With the recent release of the source of the listeriosis outbreak being processed meat, many of us are wondering what we can replace our polony, viennas, Russians and other processed meat choices with. Here are some healthy suggestions...

[Your lunch box should always be filled with healthy food](#) that combines carbohydrates, fats and protein.

Choose a variety of the following to mix and match:

**Fruit.** A portion of fresh fruit served with your meal goes a long way to adding nutrients to your diet. It can also help to keep cravings at bay, and increase satiety. Try an apple, banana, a portion of cut melon or any other fruit you enjoy.

**Vegetables.** Some cut up vegetables, cooked or uncooked, can be added to any meal. Try carrots, corn, steamed broccoli, or sugar snap peas.

**Air-popped popcorn.** This is a great low fat snack that feels like a real treat. Three cups of air-popped popcorn (no butter or oil added) is the equivalent of one slice of bread so you can get away with having quite a bit more in each sitting.

**Nuts and seeds.** Nuts and seeds can be added to food for crunch and flavour. Raw and unsalted are best. Stick to a tablespoon or two of each.

**Wholewheat crackers.** These can be bought in bulk and used instead of bread. What's great about them is that you can have them on their own or pair them with some protein such as peanut butter, tuna, and cottage cheese for a balanced meal.

**Pre-peeled hard-boiled eggs.** Few things will beat hunger better than a hard-boiled egg.

**Chicken.** Chicken fillets are an easy-to-prepare meal-time staple that pairs well with any of the above.

**Cheese.** Cottage cheese or mozzarella can be added to your meals for extra protein and fat.

**Olives and olive oil.** Olives add flavour, while drizzling olive oil over food adds nutrition.

Add colour and variety to your meal to get more nutrition out of your diet than you would by eating those processed meats that have been recently found to be [contaminated with listeria bacteria](#).