

HEALTHY MENUS HEALTHY CHOICES

Food services provides a five-week cycle menu, which ensures that two of the three hot choices are healthier options

Keep an eye out for these symbols that indicate a healthier choice:



**HEALTHIER
CHOICE**



**VEGETARIAN
CHOICE**

The **HEALTHIER CHOICE** must meet specific criteria:

- ✓ Less than 400 calories
- ✓ Less than 600 mg sodium (salt)
- ✓ Less than 15 g fat

The **VEGETARIAN CHOICE** often meets this criteria as well, and is designed to use plant proteins, like lentils and legumes, instead of meat.

Do you have questions about the healthy choices in our dining facilities?
We are happy to assist you!

For more information,
please contact:

Kathleen Bayliss-Byrne
Base Dietitian, CF H Svcs C(A)
CFB Halifax and area
902-721-8726
kathleen.bayliss-byrne@forces.gc.ca

Health Promotion Services
CFB Halifax and area
902-722-4956
hfxhealthpromotion@forces.gc.ca
cafconnection.ca/Halifax/hp



How to make **HEALTHY CHOICES** in Dining Facilities

Enjoy fresh vegetables and fruit with every meal!





HEALTHY EATING TIPS

- ✓ Make water your first choice of beverage.
- ✓ Choose whole grains over white. Starch portions should vary from 1/2 cup to 1 cup, and should fill 1/4 of your plate.
- ✓ Choose lean meats or plant protein. Protein portions should vary from 3-4 ounces, and should fill 1/4 of your plate.
- ✓ Fill the remaining 1/2 of your plate with vegetables and fruit.
- ✓ The salad bar is full of fresh fruit and vegetables. For a complete meal, a salad can be topped with protein (e.g. chicken, meat, fish, tofu or beans).
- ✓ For a healthier dessert option, try a piece of fruit, or simply select a smaller portion.

A Healthy Plate



Make water your
drink of choice

Fill your plate with:
- Half vegetables
- One quarter starch
- One quarter protein

Food should fit on an 8-9 inch plate.

For breakfast, use only half the plate.

For lunch and dinner, use the whole plate.