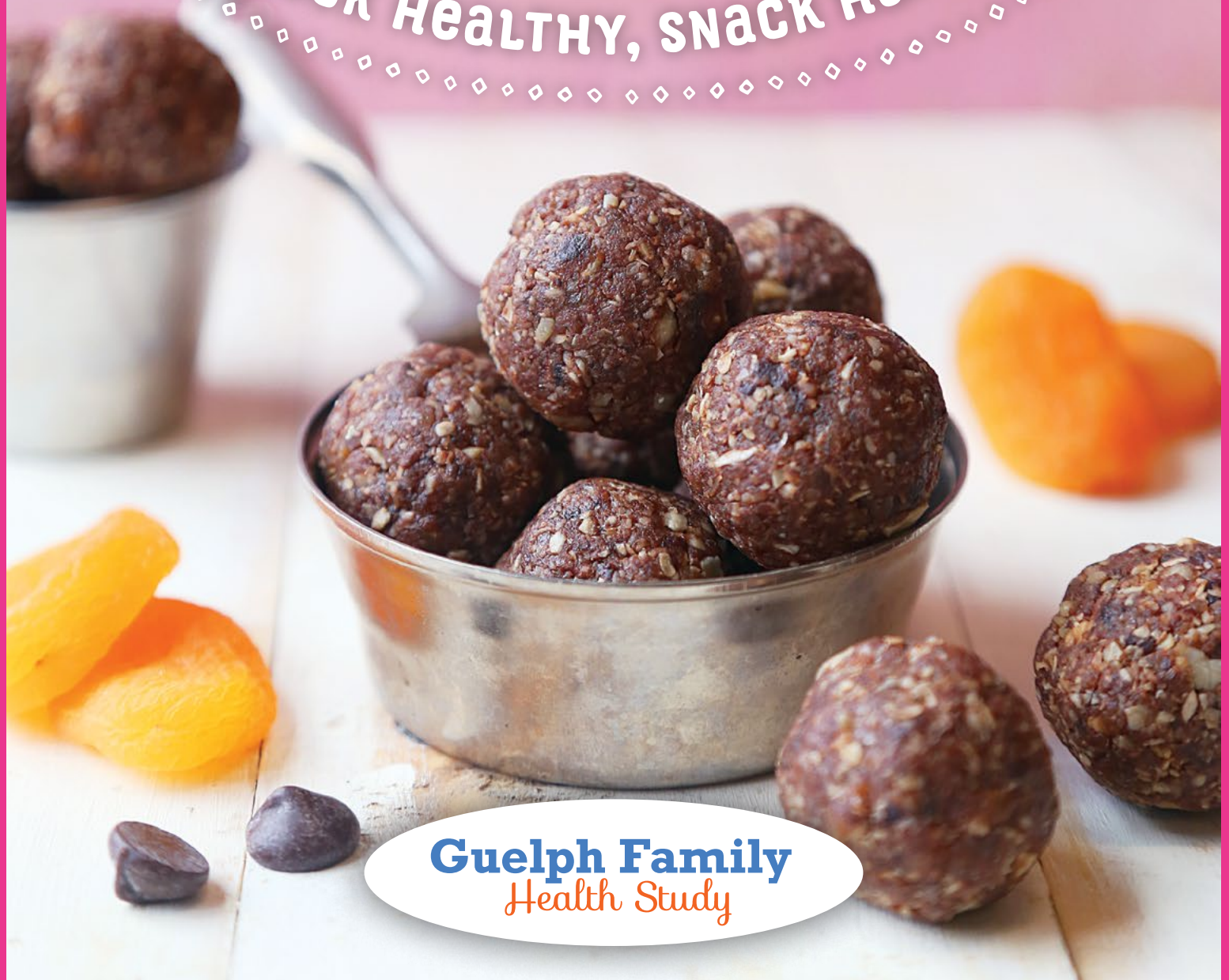


FAMILY-FRIENDLY
RECIPES

SNACK HEALTHY, SNACK HAPPY



Guelph Family
Health Study



INTRODUCTION



Guelph Family Health Study

By the age of five or six, your kids will form eating, exercise and sleep habits that can last a lifetime. The Guelph Family Health Study is testing ways for kids to learn healthy habits early—habits that can significantly lower your child’s risk for disease, now and in the future. Parents in the Guelph Family Health Study have expressed an interest in kid-friendly and healthy recipes that they can serve to their families at home. The Guelph Family Health Study researchers responded to this request by creating this recipe book.

This recipe book is the fourth installment in our cookbook series and is focused on healthy snacking for kids! We partnered with the Helderleigh Foundation and George Brown College’s Food Innovation and Research Studio (FIRSt) to create a collection of snacks that you can feel good about serving to your little ones. Keeping busy families in mind, these snacks are quick and tasty, but also high in nutrition and low in sugar to support your child’s growth and their developing taste buds!

SNACK HEALTHY, SNACK HAPPY

Snacking makes up a large portion of the calories we consume on a daily basis, and as any parent will know, snacks are an important part of a kid's day. In fact, our research has found that snacks make up about 30 percent of children's daily calories. However, nutrition counts, and unfortunately many of the go-to "kid-friendly" snacks we find on grocery store shelves just don't stack up. These options are often high in sugar and salt and low in nutrients.

Snacking can help support your child's healthy growth. A good snack can give them the fuel they need to maintain their energy levels, focus in school (or at play) and keep hunger at bay. Snacks also help fill in the nutritional blanks. Think of snacks as "mini meals"; another chance to get in the four to five servings of fruits and vegetables or two servings of dairy preschoolers should be eating.

Along with the Chefs at George Brown FIRSt, our Guelph Family Health Study Registered Dietitians created these recipes to help you revolutionize your family's snacking and to make even the littlest bites count. The snacks in this cookbook are high in nutrients and foods that children often don't get enough of — fiber, fruits, vegetables, dairy and omega-3 fats — and low in the ones they get too much of — sugar and salt. Each recipe also contains at least two food groups to encourage balance throughout the day. As always, the recipes are easy to make, quick to prepare, and sure to please even the "hangriest" child (or parent)!



Get all the Family-Friendly cookbooks — they are free! Go to guelphfamilyhealthstudy.com/cookbooks for downloads to view on your phone or tablet.

ACKNOWLEDGMENTS



Thanks to our Guelph Family Health Study families for suggesting that we create a collection of family-friendly and easy-to-prepare recipes. We hope you like this happy and healthy snacking edition!

A very big thank you to the Helderleigh Foundation for funding this project. To the team at George Brown College's Food Innovation and Research Studio (FIRSt) — Winnie Chiu, Natalia Rogacki, Candace Rambert, Emily Lim, Jiseon Moon and Mina Kim — this project exceeded our expectations. Your creativity and enthusiasm from initial ideas to recipe development made this a very exciting project to be a part of.

To find out more about the excellent work of the Helderleigh Foundation and George Brown FIRSt, please visit:

thehelderleighfoundation.org

gbcfirst.ca

We would also like to thank our cookbook team, Andrea Buchholz and Kathryn Walton and our graphic designer, Gareth Lind.

Happy and healthy snacking, from our family to yours!



Guelph Family
Health Study

TABLE OF CONTENTS

Savoury Recipes

Tuna Arancini	9
Bacon and Veggie Egg Roll	11
Broccoli & Cheddar Cheese Muffins	13
Southwest Chicken Taquitos	15
Greek Flatbread	17
Broccoli and Chicken Bites	19
Tuna Patties	21
Korean Bulgogi Slider	23
Pizza Twists	25
Roasted Garlic Cannellini Veggie Dip	27
Spiced Sweet Potato Tartine	29
Toad in a Hole	31

Sweet Recipes

Almond Cereal Bars	33
Strawberry Beet Fruit Ribbons	35
Coco Monkey Popsicle	37
Mango Yogurt Fruit Dip	39
Oat and Fruit Energy Bites	41
Spiced Banana Turnovers	43
Lemon Panna Cotta	45
Watermelon Yogurt Sherbet	47

Nutritional Facts • Savoury	48

Nutritional Facts • Sweet	50

GO TO RECIPES QUICKLY

- Click on a recipe name to go to the recipe.
- Use Acrobat Reader's Bookmarks function to view a list of recipes from anywhere in this document.

WOULD YOU LIKE AN ELECTRONIC VERSION OF THIS BOOK TO VIEW ON YOUR TABLET OR PHONE?

Go to guelphfamilyhealthstudy.com/cookbooks to download this and other cookbooks featuring family-friendly recipes

TUNA ARANCINI WITH DIL DIPPING SAUCE



TUNA ARANCINI

8 Servings



Prep time: 10 minutes

Cook time: 15 minutes

Tuna is a great source of omega-3 fats.
Dietitians suggest eating fish at least 2 times per week.

Ingredients

1 tsp	(5 mL)	Olive oil
½ ea.		Red bell pepper, grated
1 can	(170 g)	Tuna, can
4 ea.		Green onion, finely chopped
½ tsp	(2 mL)	Salt
¼ tsp	(1 mL)	Black pepper
1 cup	(250 mL)	Brown rice, cooked
2 ea.		Egg
¼ cup	(60 mL)	Mozzarella cheese, shredded
1 tsp	(5 mL)	Sesame oil

For breading

½ cup	(125 mL)	Flour
2 ea.		Egg
½ cup	(125 mL)	Breadcrumb
As needed		Vegetable oil, for frying

Dill Yogurt Sauce

¾ cup	(180 mL)	Greek yogurt, plain
1 tbsp	(15 mL)	Dill, chopped
½ tsp	(2 mL)	Garlic powder
½ tsp	(2 mL)	Onion powder
¼ tsp	(1 mL)	Salt
⅛ tsp	(½ mL)	Black pepper

See Nutrition Facts panel, page 48.

Instructions

1. Heat 1 tsp (5 mL) olive oil to medium heat in small pan. Sauté red peppers until softened and add tuna. Gently toss until tuna is warmed through and stir in green onions, salt and pepper. Pour into large bowl.
2. Add cooked rice to cooked tuna, along with two eggs, cheese and sesame oil. Mix together and form into 16 balls.
3. For a breading station, set three bowls on counter, one with flour, one with beaten egg and the last with breadcrumbs. Roll each arancini ball in flour, dip in the beaten egg and roll in breadcrumbs.
4. Warm vegetable oil in pot until it reaches 375°F (190°C) and fry arancini a few at a time until golden brown and the internal temperature reaches 165°F (74°C).
5. For dipping sauce, mix Greek yogurt, chopped dill, garlic powder, onion powder, salt and black pepper together. Taste and adjust seasoning if necessary. Serve with warm arancini.



TIPS FOR KIDS IN THE KITCHEN

Check out our online video for a step-by-step guide to preparing this recipe! Visit www.guelphfamilyhealthstudy.com

BACON AND
VEGGIE EGG ROLL



BACON AND VEGGIE EGG ROLL

4 Servings



Prep time: 15 minutes
Cook time: 20 minutes

This is a great way to reduce food waste. We've suggested veggies here, but you can use anything you've got in your fridge. Yesterday's leftovers never tasted so good! Serve with sour cream for a hit of creaminess.

Ingredients

2 slices	Bacon, chopped
¼ cup (60 mL)	Onion, finely chopped
¼ cup (60 mL)	Red bell pepper, finely chopped
1 clove	Garlic, minced
¼ cup (60 mL)	Corn, frozen
¼ cup (60 mL)	Black beans, drained and rinsed
½ cup (125 mL)	Mozzarella cheese, shredded
1 tbsp (15 mL)	Green onion, sliced
8 each	Egg roll wrappers
1 cup (250 mL)	Vegetable oil

See Nutrition Facts panel, page 48.

Instructions

1. Heat saucepan over medium heat and add 1 tsp (5 mL) vegetable oil. Add bacon and cook while stirring until crispy.
2. Add onions, red peppers and garlic. Cook until onions have softened and stir in corn and black beans.
3. Continue cooking until beans are warmed, remove from heat and let cool. Once cooled, stir in grated cheese and green onions.
4. Spoon 2 heaping tablespoons of the filling into each egg roll wrapper and fold into eggroll using water to seal edges.
5. Warm oil in small pot until it reaches 375°F (190°C) and shallow fry egg rolls until golden brown and cheese is melted.



TIPS FOR FOOD SELECTION AND STORAGE

When choosing canned foods, look on the nutrition label for ones with less than 15% DV (Daily Value) of sodium. 15% is a lot of a nutrient, and 5% is a little. Rinsing canned beans well before using gets rid of most of the salt!

Three baked muffins are shown on a light-colored wooden surface. The muffin in the foreground is in a purple liner with green polka dots. It has a golden-brown, slightly cracked top with visible chunks of orange cheese and green herbs. To its right, another muffin is partially visible in a similar purple liner. In the background, a third muffin sits in a blue liner with white polka dots, resting on a white plate. The background is softly blurred, showing a hint of a red tomato and a green vegetable.

BROCCOLI & CHEDDAR CHEESE MUFFINS

12 serving



Prep time: 20 minutes

Cook time: 25 minutes

These savoury muffins are the perfect portable snack!

Your kids won't even notice the veggie boost.

Ingredients

2 cup	(500 mL)	All purpose flour
1 tsp	(5 mL)	Baking soda
1 tsp	(5 mL)	Baking powder
1 tsp	(5 mL)	Onion powder
Pinch		Salt
¼ cup	(60 mL)	Bell pepper, finely chopped
1¼ cup	(310 mL)	Cheddar cheese, shredded
2 each		Egg
½ cup	(125 mL)	Butter, melted
1 cup	(250 mL)	Milk
2 each		Green onion, sliced
1 cup	(250 mL)	Broccoli, finely chopped

See Nutrition Facts panel, page 48.

Instructions

1. Preheat oven to 350°F (176°C) and line muffin tins with paper cups.
2. In a large bowl, mix together flour, baking soda, baking powder, onion powder, salt, bell pepper and cheddar cheese.
3. In separate bowl, whisk egg, butter, milk and green onions together.
4. Stir in broccoli and fold in dry ingredients.
5. Scoop into muffin tin and bake for 25 minutes until an inserted toothpick comes out clean.



TIPS FOR KIDS IN THE KITCHEN

Use an ice cream scoop to fill your muffin tins—it's faster and cuts down the mess!

SOUTHWEST CHICKEN TAQUITOS

8 Servings



Prep time: 20 minutes

Cook time: 35 minutes

These wraps make a tasty snack on the go! They are also perfect for school lunches — they are easy to eat, leaving lots of time for play.

Ingredients

2 each	Chicken breasts, small diced
¼ tsp (1 mL)	Salt
¼ tsp (1 mL)	Black pepper
1 tsp (5 mL)	Onion powder
½ tsp (2 mL)	Garlic powder
½ tsp (2 mL)	Smoked paprika
2 tbsp (30 mL)	Olive oil
¼ cup (60 mL)	Onions, finely chopped
¼ cup (60 mL)	Red pepper, finely chopped
½ cup (125 mL)	Diced tomato, canned
½ cup (125 mL)	Black beans, drained and rinsed
2 each	Green onion, sliced
¼ cup (60 mL)	Water
1 cup (250 mL)	Mozzarella cheese, shredded
1 cup (250 mL)	Cheddar cheese, shredded
As needed	Vegetable oil
8 each	Flour tortillas, 7 inch

See Nutrition Facts panel, page 48.

Instructions

1. In a bowl, season diced chicken with salt, black pepper, onion powder, garlic powder and smoked paprika. Set aside and preheat oven to 350 °F (176 °C).
2. Heat olive oil in small saucepan to medium heat. Sauté onions until fragrant and add seasoned chicken. Cook for 4–5 minutes until chicken is nicely browned.
3. Stir in peppers, tomatoes, black beans and water. Simmer until water is evaporated and remove from heat.
4. Stir in green onions and add grated cheeses.
5. Grease oven safe casserole dish with oil and set aside.
6. Spoon ¼ cup (60 mL) of the filling into each tortilla and roll into taquitos. Place into prepared dish, seam side down and brush tops of taquitos lightly with oil.
7. Place into oven for 10 minutes or until cheese is melted and tortilla is toasted.



CHEF'S TIP

Add some zing by stirring in 1–2 tbsp of your favourite hot sauce.

GREEK FLATBREAD



GREEK FLATBREAD

4 Servings



Prep time: 30 minutes

Cook time: 15 minutes

This delicious whole-wheat flatbread is a great way to get kids to eat veggies as a snack or party appetizer! Ask your kids to choose their favourite toppings.

Ingredients

Dough

1½ cup (375 mL) Whole wheat flour

½ cup (125 mL) Milk

2 tsp (10 mL) Baking powder

½ tsp (2 mL) Salt

2 tsp (10 mL) Vegetable oil

Topping

1 cup (250 mL) Baby spinach

¼ cup (60 mL) Apricot, sliced

¼ cup (60 mL) Cranberry, dried

¼ cup (60 mL) Sliced almonds, and toasted

½ cup (125 mL) Feta cheese, crumbled

4 tsp (20 mL) Maple syrup

See Nutrition Facts panel, page 48.

Instructions

1. Line a baking sheet with parchment paper, and set aside.
2. For dough, mix flour, baking powder and salt together in a large mixing bowl.
3. Add oil and milk. Stir with spoon until you form a dough and transfer to floured counter and knead until smooth. Place dough in bowl, cover with plastic wrap and rest for 20 minutes.
4. Once doubled in size, cut dough into four even pieces and roll dough into ⅛ inch thick circles.
5. Heat a large frying pan over medium-high heat. Place dough into pan and cook for 2 minutes on each side until lightly charred.
6. Top each flatbread with baby spinach, sliced apricots, cranberries, sliced almonds and feta cheese.
7. Drizzle with maple syrup and serve.



TIPS FOR HEALTHY SNACKING

Whole wheat flour gives these flatbreads a boost of fibre. Fibre is important to feed the good bacteria in your gut. Your taste buds and the healthy bugs in your tummy will be happy!

A close-up photograph of two red ceramic bowls filled with golden-brown fried chicken pieces and fresh green broccoli florets, garnished with white sesame seeds. The bowls are set on a light-colored wooden surface, with a blue and white checkered cloth partially visible. In the foreground, a small glass jar contains a dark, glossy dipping sauce.

BROCCOLI AND CHICKEN BITES

4 Servings



Prep time: 20 minutes

Cook time: 35 minutes

This recipe makes a great snack or a healthy alternative to chicken fingers at dinner!
Kids will love to dip the little bites.

Ingredients

½ lb (225 g)	Chicken breast, diced

¼ cup (60 mL)	Buttermilk

1 tsp (5 mL)	Smoked paprika

2 cloves	Garlic, chopped

¼ tsp (1 mL)	Ginger powder

¼ tsp (1 mL)	Salt, divided

1 each	Egg

¼ cup (60 mL)	Breadcrumbs

2 tbsp (30 mL)	Vegetable oil, divided

2 cup (500 mL)	Broccoli florets

¼ tsp (1 mL)	Black pepper

¼ tsp (1 mL)	Garlic powder

Teriyaki Dip

1 tbsp (15 mL)	Soy sauce, low sodium

⅓ cup (80 mL)	Water

¼ tsp (1 mL)	Ginger powder

1 tsp (5 mL)	Honey

½ tsp (2 mL)	Corn starch

¼ tsp (1 mL)	Sesame seed

1 tsp (5 mL)	Green onion, chopped

See Nutrition Facts panel, page 48.

Instructions

1. Preheat oven to 350 °F (175 °C) and line 2 trays with parchment paper. Set aside.
2. In bowl, mix diced chicken with buttermilk, smoked paprika, garlic, ginger, ⅛ tsp salt and egg together. Place in refrigerator for 10 minutes.
3. Drain chicken from marinade and toss in breadcrumbs. Place onto a prepared tray and drizzle with 1 tbsp (15 mL) oil.
4. In large bowl, mix broccoli with remaining salt, black pepper, garlic powder and remaining oil. Spread broccoli onto separate tray.
5. Place trays in oven. Cook chicken for 20 minutes or until internal temperature reaches 165°F (74°C) and broccoli for 10 minutes or until tender.
6. For teriyaki dip, place soy sauce, water, ginger powder and honey in a small pot and bring to a boil. Dissolve cornstarch in 2 tbsp (30 mL) water and whisk into soy sauce along with sesame seeds and green onions.



TIPS FOR HEALTHY SNACKING

Research shows that kids are more likely to eat vegetables when paired with their favourite foods. They won't even notice the broccoli in these tasty bites.

TUNA PATTIES



TUNA PATTIES

10 Servings



Prep time: 15 minutes
Cook time: 30 minutes

A delicious way to include more omega-3 fats in your family's diet.
Serve with tartar sauce as a snack or on slider buns for a tuna burger.

Ingredients

1 each	Potato
¼ cup (60 mL)	Carrot, grated
2 tbsp (30 mL)	Green onion, chopped
1 tbsp (15 mL)	Lemon juice
1 each	Egg
½ tsp (2 mL)	Salt
¼ tsp (1 mL)	Black pepper
1 can (170 g)	Canned tuna, drained
½ cup (125 mL)	Breadcrumbs
2 tbsp (30 mL)	Olive oil

See Nutrition Facts panel, page 49.

Instructions

1. Place potato in a pot of cold water. Bring to a boil and reduce to a simmer. Cook for 10 minutes or until potato is tender when pierced with fork. Drain and roughly mash.
2. In a mixing bowl, mix together mashed potato, carrots, green onions, lemon juice, egg, salt and pepper.
3. Gently mix in flaked tuna and breadcrumbs.
4. Divide into 10 portions and form into patties.
5. Heat olive oil in a non-stick pan over medium/high and pan fry patties a few at a time until nicely browned and an internal temperature of 165°F (74°C) is reached.



TIPS FOR FOOD SELECTION AND STORAGE

When choosing canned tuna, look for "light flaked" tuna. Light flaked tuna is very low in mercury and safe for young children. White or albacore is higher in mercury—high levels of mercury can cause developmental delays in little ones.

KOREAN BULGOGI SLIDER



KOREAN BULGOGI SLIDER

10 Servings



Prep time: 30 minutes
Cook time: 20 minutes

The flavour in these sliders is incredible! Enjoy as sliders for a snack, or make larger patties for dinner.

Ingredients

3 tbsp (45 mL)	Soy sauce
1 tsp (5 mL)	Sugar
2 tsp (10 mL)	Sesame oil
1 lb (454 g)	Ground beef, lean
1 each	Egg
1 each	Onion, pureed
1 cup (250 mL)	Carrots, grated
½ each	Apple, grated
2 each	Garlic, grated
2 each	Green onion, chopped
½ tsp (2 mL)	Salt
½ tsp (2 mL)	Black pepper
¼ cup (60 mL)	Breadcrumbs
1 cup (250 mL)	Mozzarella cheese, shredded

See Nutrition Facts panel, page 49.

Instructions

1. Preheat oven to 400°F (204°C) and line baking sheet with parchment paper.
2. For marinade, mix soy sauce, sugar and sesame oil together in a small bowl. Set aside.
3. In a large bowl, mix ground beef, egg, onion puree, carrots, apple, garlic, green onion, salt, pepper and 2 tbsp. (30 mL) of the marinade. Stir in breadcrumbs and divide it into 10 pieces (for sliders).
4. Form into patties and place onto prepared baking sheet.
5. Bake for 15 minutes and remove from oven. Brush remaining marinade onto patties and top with cheese. Return to the oven for another 5 minutes or until internal temperature reaches 165°F (73°C).



TIPS FOR HEALTHY SNACKING

These burgers have the added benefit of hidden fruits and veggies. Top with lettuce and tomato for another veggie boost!

PIZZA TWISTS



PIZZA TWISTS

6 Servings



Prep time: 30 minutes
Cook time: 30 minutes

This “twist” on pizza makes this an easily transportable snack
— perfect for the park or lunch box!

Ingredients

Dough

1½ cup (375 mL)	Whole wheat flour

½ cup (125 mL)	Milk

2 tsp (10 mL)	Baking powder

½ tsp (2 mL)	Salt

2 tsp (10 mL)	Vegetable oil

Tomato sauce

1 tsp (5 mL)	Olive oil

¼ cup (60 mL)	Onion, chopped

1 clove	Garlic, grated

1½ cup (375 mL)	Tomato puree

¼ tsp (1 mL)	Oregano

¼ tsp (1 mL)	Salt

⅛ tsp (½ mL)	Black pepper

¼ cup (60 mL)	Water

Topping

½ each	Red bell pepper, sliced (same size as pepperoni)

8 slices	Pepperoni, sliced

1 cup (250 mL)	Mozzarella Cheese, shredded

See Nutrition Facts panel, page 49.

Instructions

1. For dough, mix flour, baking powder and salt together in a large mixing bowl.
2. Add oil and milk. Stir with spoon until you form a dough, transfer to floured counter and knead until smooth. Place dough in bowl, cover with plastic wrap and rest for 20 minutes.
3. For tomato sauce, heat olive oil in small pot on medium heat.
4. Cook onion and garlic until onions are translucent. Add tomato, water, oregano, salt and pepper and bring to a simmer. Cook for 10 minutes, remove from heat and blend.
5. Preheat oven to 375°F (190°C) and line a baking tray with parchment paper.
6. Roll dough to 1 cm thickness and cut into twelve (12) 1-inch-thick strips.
7. Line strips up on parchment lined tray in pairs. Spread tomato sauce onto strips and twist.
8. Top twists with cheese, pepperoni and bell peppers. Bake in oven for 12–15 minutes.



CHEF'S TIP

Customize with your child's favourite pizza toppings! Research shows that kids are more likely to eat foods that they choose.

ROASTED GARLIC CANNELLINI
VEGGIE DIP



ROASTED GARLIC CANNELLINI VEGGIE DIP

6 Servings



Prep time: 45 minutes

Store-bought dips are often high in sodium. This savoury dip is low in sodium and exploding with flavour! Nutritional yeast gives the dip a boost of protein and lends to the cheesy, nutty taste.

Ingredients

1 can	(440 mL)	White cannellini beans, drained, rinsed
1 head		Garlic
1½ tbsp	(22 mL)	Olive oil, divided
1½ tbsp	(22 mL)	Lemon juice
¾ tsp	(3 mL)	Salt
3 tbsp	(45 mL)	Nutritional yeast

See Nutrition Facts panel, page 49.

Instructions

1. Preheat oven to 400 °F (204 °C).
2. With a sharp knife, cut the top ¼ inch off the head of the garlic to expose the cloves.
3. Drizzle 1 tsp (5 mL) of the olive oil onto the garlic, wrap in aluminum foil and bake for 25–30 minutes or until cloves are soft. Let cool completely before using.
4. Add drained beans, roasted garlic, remaining olive oil, lemon juice, salt and nutritional yeast to a food processor and pulse until your desired consistency while scraping down the sides of the bowl.
5. Serve with your child's favorite crunchy veggies like raw carrots, celery, and red peppers.



TIPS FOR FOOD SELECTION AND STORAGE

Nutritional yeast is high in B vitamins which help maintain a healthy nervous system and help the body use energy from the food you eat. Find nutritional yeast at most grocery or bulk foods stores near the flour section!

SPICED SWEET POTATO
TARTINE



SPICED SWEET POTATO TARTINE

12 Servings



Prep Time: 10 minutes

Cook Time: 15 minutes

Microwaving the sweet potato makes this recipe super quick to make. You'll be snacking happy in no time! Use this spread for both entertaining at home and in school lunches.

Ingredients

1 lb	(450 g)	Sweet potato, peeled, large diced
¼ cup	(60 mL)	Water
2 tbsp	(30 mL)	Milk,
2 tbsp	(30 mL)	Greek yogurt
1 tsp	(5 mL)	Honey
½ tsp	(2 mL)	Salt
¼ tsp	(1 mL)	Black pepper
⅛ tsp	(½ mL)	Nutmeg, ground
¼ cup	(60 mL)	Cranberry, dried
¼ cup	(60 mL)	Pumpkin seeds, toasted
12 slices		Baguette, toasted

See Nutrition Facts panel, page 49.

Instructions

1. Place sweet potato and water in a microwave safe container and cover with plastic wrap. Poke a couple holes in plastic wrap to let steam escape and cook in microwave for 7 minutes or until sweet potatoes are tender. Drain any remaining liquid.
2. Using a food processor, puree sweet potato, milk, yogurt, honey, salt, pepper and nutmeg.
3. Spread onto toasted baguette and top with dried cranberries and pumpkin seeds.



TIPS FOR HEALTHY SNACKING

Sweet potatoes have 10 times more vitamin A than white potatoes. They also contain carotenoids which keep our eyes healthy and may reduce the risk of some cancers and heart diseases.

TOAD IN A HOLE



TOAD IN A HOLE

4 Servings



Prep time: 10 minutes
Cook time: 30 minutes

This is a great way to use leftovers like last night's roasted chicken and veggies.
For a boost of omega-3s, choose fortified eggs!

Ingredients

2 slices	Bacon, chopped
½ cup (125 mL)	Onion, sliced
5 cup (1¼ L)	Baby spinach
8 slices	Whole wheat bread, sliced
½ cup (125 mL)	Mozzarella cheese, shredded
2 tbsp (30 mL)	Butter, room temperature
2 tsp (10 mL)	Olive oil
4 each	Egg

[See Nutrition Facts panel, page 49.](#)

Instructions

1. Heat frying pan to medium/high heat. Add bacon and cook until crispy. Add onions and sauté until fragrant.
2. Stir in spinach and toss. Cover with tight fitting lid and cook until wilted. Remove lid and cook until water evaporates.
3. Remove from heat and set aside to cool completely.
4. Using 1½ inch cookie cutter, cut hole in the center of four bread slices.
5. In non stick pan, melt ½ tbsp (7 mL) butter and ½ tsp (2 mL) olive oil and place a slice of bread with hole in pan. Crack egg into hole and cook for 1 minute or until bread is toasted and egg is firm enough to flip.
6. Loosen and gently flip to cook other side of egg. On other side of pan, place a slice of bread with no hole to toast and top with spinach mixture and mozzarella cheese.
7. When egg is cooked and bread is toasted, flip onto the slice of bread with spinach to form sandwich. Continue cooking until cheese is melted. Egg can be cooked until your desired doneness.



TIPS FOR KIDS IN THE KITCHEN

Get the kids involved by letting them be creative with their favourite cookie cutters.

ALMOND CEREAL BARS



ALMOND CEREAL BARS

1 2 Servings



Prep Time: 10 minutes

Cook Time: 5 minutes

These bars are a great, make-ahead alternative to packaged granola bars.

Try substituting raisins for your favourite dried fruit like cranberries.

Ingredients

2 cup (500 mL)	Corn flakes
1/3 cup (80 mL)	Pumpkin seed, toasted
1/4 cup (60 mL)	Raisins
1/3 cup (80 mL)	Almonds, sliced
3 tbsp (45 mL)	Chia seeds
1/4 cup (60 mL)	Honey
1/4 cup (60 mL)	Almond butter
2 tbsp (30 mL)	Water

See Nutrition Facts panel, page 50.

Instructions

1. Line a bread pan with parchment paper.
2. Place pumpkin seeds, almonds, raisins and chia seeds in a food processor and pulse until seeds and almonds are finely chopped.
3. Add cereal and pulse until broken into smaller pieces.
4. In a large saucepan, heat honey, almond butter and water and stir until smooth. Simmer for 1 minute or until mixture has thickened.
5. Remove from heat and pour the cereal mixture into the saucepan. Mix thoroughly and pour into the prepared bread pan.
6. Press to flatten and let chill in refrigerator for 10 minutes. Cut into 12 pieces.



TIPS FOR FOOD SELECTION AND STORAGE

For longer storage, wrap individually in parchment paper and freeze for up to three months. You'll never be caught snack-less again!

When choosing packaged granola bars, look for ones with 10g of sugar or less and at least 3g of fibre.

STRAWBERRY BEET FRUIT RIBBONS



STRAWBERRY BEET FRUIT RIBBONS

6 Servings



Prep Time: 15 minutes

Cook Time: 2 hours

This snack will turn up the beet on snack time!
Don't worry, it doesn't taste like a salad. The beets add colour and together with the strawberries, this recipe is a real hit with kids!

Ingredients

1 cup	(250 mL)	Beets, peeled and diced
2 cup	(500 mL)	Strawberries
2 tbsp	(30 mL)	Honey
1 ½ tbsp	(20 mL)	Lemon juice
½ cup	(125 mL)	Apple sauce, unsweetened
3 each		Mint leaves (optional)

See Nutrition Facts panel, page 50.

Instructions

1. Preheat oven to 220 °F (104 °C) and line a rimmed baking sheet with parchment paper.
2. In a blender, puree strawberries and apple sauce until smooth. Add honey, lemon juice, mint and beets. Continue blending until smooth.
3. Pour into a medium sized pot and bring to a simmer. Cook for 25–30 minutes until mixture resembles jam and has reduced by half.
4. Evenly spread mixture onto lined baking sheet and place in oven for 1½–1¾ hours, rotating tray half way through baking time. Leather should not be sticky.
5. Remove from oven and let cool.
6. Using scissors, cut into 12 strips/ribbons and roll up in parchment paper, store in air tight container until ready to eat.



Check out our online video for a step-by-step guide to preparing this recipe! Visit guelphfamilyhealthstudy.com



TIPS FOR HEALTHY SNACKING

This snack is our answer to every child's snack aisle requests! Our fruit ribbon is just as fun to peel and eat, but has much less sugar than the packaged alternatives.

COCO MONKEY POPSICLE



COCO MONKEY POPSICLE

4 Servings



Prep Time: 5 minutes

A delicious snack too cool down on hot summer days. Greek yogurt is a great source of protein to give your little ones energy for their summer activities!

Ingredients

1 each	Banana
½ cup (125 mL)	Greek yogurt, plain
¼ cup (60 mL)	Peanut butter
1 tbsp (15 mL)	Cocoa powder
1 tbsp (15 mL)	Vanilla extract
4 tsp (20 mL)	Maple syrup

See Nutrition Facts panel, page 50.

Instructions

1. Place banana, yogurt, peanut butter, cocoa powder and vanilla extract in a blender and puree until smooth.
2. Taste and add maple syrup to adjust sweetness.
3. Pour into your favourite popsicle molds and freeze.



TIPS FOR KIDS IN THE KITCHEN

For special occasions, have your child decorate their popsicles with sprinkles before freezing.

MANGO YOGURT FRUIT DIP



MANGO YOGURT FRUIT DIP

12 Servings



Prep Time: 10 minutes

Kids love to dip! Let your child choose their favourite fruits for this creamy and slightly sweet dip.

Ingredients

$\frac{3}{4}$ cup (180 mL) Greek yogurt, plain

1 cup (250 mL) Mango, frozen

$\frac{1}{4}$ cup (60 mL) Cream cheese

1 tbsp (15 mL) Honey

1 tbsp (15 mL) Vanilla extract

1 each Mint leaf (optional)

3 tbsp (45 mL) Chia seeds

See Nutrition Facts panel, page 50.

Instructions

1. In a blender, blend yogurt and frozen mango until smooth.
2. Add honey, vanilla, mint, chia seeds and cream cheese. Blend on high speed until completely smooth.
3. Serve with your favorite dip-able fruits.



TIPS FOR HEALTHY SNACKING

Chia seeds are a good source of omega-3 fats which are important for children's growth. Omega-3's help feed the brain.

OAT AND FRUIT ENERGY BITES



OAT AND FRUIT ENERGY BITES

8 Servings



Prep Time: 20 minutes

These energy bites are easily transportable and nut-free for the perfect school snack!

Ingredients

¼ cup (60 mL)	Prunes, pitted
¼ cup (60 mL)	Dried apricot, pitted
¾ cup (180 mL)	Rolled oats
¼ cup (60 mL)	Sunflower seeds, toasted
1 tbsp (15 mL)	Maple syrup
1 tbsp (15 mL)	Butter, melted
¼ cup (60 mL)	Chocolate chips, semi sweet

See Nutrition Facts panel, page 50.

Instructions

1. Line loaf pan with parchment paper and set aside.
2. Place prunes and apricots in a food processor and pulse until finely chopped.
3. Add oats and sunflower seeds and pulse again until finely chopped. Pour into large bowl.
4. Heat maple syrup, butter and chocolate on stovetop until chocolate is melted.
5. Pour melted chocolate mixture over oats and stir together.
6. Roll into 16 balls and place onto tray. Refrigerate for 10 minutes.



TIPS FOR KIDS IN THE KITCHEN

Young kids will love to stir and roll these bites. Older kids can practice their counting and fractions by learning to measure!

SPICED BANANA
TURNOVERS



SPICED BANANA TURNOVERS

6 Servings



Prep Time: 30 minutes
Cook Time: 20 minutes

These turnovers are a great make-ahead snack! Prep on a Sunday evening for a week's worth of grab-and-go snacking the whole family will enjoy.

Ingredients

Dough

1 tsp (5 mL)	Dried yeast
½ cup (125 mL)	Water, lukewarm
¼ cup (60 mL)	Vegetable oil
½ tbsp (7 mL)	Sugar
1 cup (250 mL)	All purpose flour
½ cup (125 mL)	Whole wheat flour
½ tsp (2 mL)	Salt

Filling

1 each	Banana, mashed
½ tbsp (7 mL)	Honey
½ tsp (2 mL)	Cinnamon, ground
2 tbsp (30 mL)	Sunflower seeds, toasted and chopped

See Nutrition Facts panel, page 50.

Instructions

1. Preheat oven to 350°F (176°C) and line tray with parchment paper.
2. In a small bowl, mix yeast, water, oil and sugar together. Set aside for 5 minutes.
3. Mix white and whole wheat flours and salt together in large bowl and add yeast mixture. Gently kneed just until dough forms.
4. Divide dough into 6 pieces and cover with plastic wrap. Let rise in warm place for 20 minutes until dough has doubled in size.
5. To create filling, mix mashed banana, honey, cinnamon and sunflower seeds together. Set aside.
6. Stretch each piece of dough into a 6-inch circle and divide banana filling evenly amongst them.
7. Fold the dough in half and seal edges to create turnovers and place on lined tray.
8. Bake for 15–20 minutes.



TIPS FOR KIDS IN THE KITCHEN

Making your own dough has never been easier! Kids will love to knead and stretch dough. Playing with different textures like dough helps develop both their fine motor skills and their taste buds!

A glass bowl filled with a strawberry yogurt parfait. The base is a thick, white yogurt. On top of the yogurt is a layer of fresh, diced strawberries. The top is garnished with a generous amount of sliced almonds and a small amount of orange zest. In the background, there is another white bowl filled with more strawberries and a spoon. To the right, there is a slice of yellow fruit, possibly a lemon or orange. The entire scene is set on a light-colored wooden surface.

LEMON PANNA COTTA

6 Servings



Prep Time: 15 minutes

Total Time: 3 hours

This is a delicious and easy make-ahead recipe to quickly satisfy those after-play group or school snack requests. Store ramekins in the fridge covered for up to 3 days.

Ingredients

2 tsp	(10 mL)	Gelatin
3 tbsp	(45 mL)	Water
1⅔ cup	(410 mL)	Milk
1½ tbsp	(45 mL)	Maple syrup
½ tsp	(2 mL)	Vanilla extract
½ tsp	(2 mL)	Lemon zest
1 ½ cup	(375 mL)	Strawberries, diced
½ cup	(125 mL)	Granola

See Nutrition Facts panel, page 51.

Instructions

1. In a small bowl mix gelatin into cool water and set aside for 5 minutes.
2. Bring milk, maple syrup and vanilla just to a boil. Whisk in gelatin and reduce to a simmer. Stir in lemon zest and continue cooking while whisking for 2 minutes.
3. Strain and pour mixture evenly into 6 ramekins. Cover and place into the fridge for 3 hours or until set.
4. Serve each ramekin with ¼ cup (60 mL) diced strawberries and 2 tsp (10 mL) of granola.



Check out our online video for a step-by-step guide to preparing this recipe! Visit guelphfamilyhealthstudy.com



CHEF'S TIP

To serve panna cotta on plate, place ramekin in warm water for a few seconds and turn onto plate.

WATERMELON YOGURT SHERBET



WATERMELON YOGURT SHERBET

4 Servings



Prep Time: 10 minutes

Beat the heat with this cool and delicious treat!
You can serve in scoops or freeze in popsicle molds.

Ingredients

3 cup (750 mL) Watermelon, seedless, diced

1 cup (250 mL) Greek yogurt, plain

3 tbsp (45 mL) Lemon juice

4 tsp (20 mL) Honey

See Nutrition Facts panel, page 51.

Instructions

1. In a blender, puree watermelon with lemon juice.
2. Add yogurt and honey and blend until smooth.
3. Pour into a shallow container and freeze for 1 hour.
4. Remove pan from freezer and using a fork, scrape mixture to create sherbet.
5. Return to freezer, and repeat this step two or three times until mixture is scraped and fluffy.



CHEF'S TIP

Use different melons and berries to customize to your family's taste.

NUTRITIONAL FACTS • SAVOURY



Tuna Arancini
• Page 9

Nutrition Facts

Valeur nutritive

Per 2 arancini (125 g)
par 2 arancini (125 g)

Calories 230	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 13 g	17 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 105 mg	
Sodium 410 mg	18 %
Potassium 200 mg	4 %
Calcium 75 mg	6 %
Iron / Fer 1.5 mg	8 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Broccoli & Cheddar Cheese Muffins
• Page 13

Nutrition Facts

Valeur nutritive

Per muffin
par muffin

Calories 220	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 13 g	17 %
Saturated / saturés 8 g	40 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 18 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 65 mg	
Sodium 260 mg	11 %
Potassium 100 mg	2 %
Calcium 150 mg	12 %
Iron / Fer 1.25 mg	7 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Greek Flatbread
• Page 17

Nutrition Facts

Valeur nutritive

Per 1 flatbread
par 1 galette

Calories 330	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 11 g	15 %
Saturated / saturés 4 g	20 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 51 g	
Fibre / Fibres 8 g	29 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 20 mg	
Sodium 490 mg	21 %
Potassium 600 mg	13 %
Calcium 300 mg	23 %
Iron / Fer 3 mg	17 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Bacon and Veggie Egg Roll
• Page 11

Nutrition Facts

Valeur nutritive

Per 2 pieces
par 2 pièces

Calories 380	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 17 g	23 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 43 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 25 mg	
Sodium 550 mg	24 %
Potassium 175 mg	4 %
Calcium 125 mg	10 %
Iron / Fer 2.5 mg	14 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Southwest Chicken Taquitos
• Page 15

Nutrition Facts

Valeur nutritive

Per 1 taquito
par 1 taquito

Calories 280	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 14 g	19 %
Saturated / saturés 6 g	30 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 45 mg	
Sodium 490 mg	21 %
Potassium 225 mg	5 %
Calcium 225 mg	17 %
Iron / Fer 1.75 mg	10 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Broccoli and Chicken Bites
• Page 19

Nutrition Facts

Valeur nutritive

Per ¼ recipe (150 g)
par ¼ recette (150 g)

Calories 200	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 10 g	13 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 10 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 80 mg	
Sodium 380 mg	17 %
Potassium 400 mg	9 %
Calcium 50 mg	4 %
Iron / Fer 1.25 mg	7 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

NUTRITIONAL FACTS • SAVOURY



Tuna Patties
• Page 21

Nutrition Facts Valeur nutritive

Per 1 patty (50 g)
par 1 petit pâté (50 g)

Calories 90	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 4 g	5 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 7 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 25 mg	
Sodium 170 mg	7 %
Potassium 125 mg	3 %
Calcium 20 mg	2 %
Iron / Fer 0.75 mg	4 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Pizza Twists
• Page 25

Nutrition Facts Valeur nutritive

Per twist
par torsion

Calories 240	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 9 g	12 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 31 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 20 mg	
Sodium 640 mg	28 %
Potassium 450 mg	10 %
Calcium 150 mg	12 %
Iron / Fer 2.5 mg	14 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Spiced Sweet Potato Tartine
• Page 29

Nutrition Facts Valeur nutritive

Per 1 tartine
par 1 tartine

Calories 150	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 30 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 330 mg	14 %
Potassium 150 mg	3 %
Calcium 20 mg	2 %
Iron / Fer 1.75 mg	10 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Korean Bulgogi Slider
• Page 23

Nutrition Facts Valeur nutritive

Per piece (100 g)
par pièce (100 g)

Calories 170	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 9 g	12 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 60 mg	
Sodium 490 mg	21 %
Potassium 225 mg	5 %
Calcium 100 mg	8 %
Iron / Fer 1.5 mg	8 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Roasted Garlic Cannellini Veggie Dip
• Page 27

Nutrition Facts Valeur nutritive

Per 2 tbsp (30 mL)
par 2 c. à soupe (30 mL)

Calories 45	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 140 mg	6 %
Potassium 75 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 0.4 mg	2 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Toad in a Hole
• Page 31

Nutrition Facts Valeur nutritive

Per sandwich
par sandwich

Calories 380	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 20 g	27 %
Saturated / saturés 8 g	45 %
+ Trans / trans 1 g	
Carbohydrate / Glucides 29 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 21 g	
Cholesterol / Cholestérol 210 mg	
Sodium 560 mg	24 %
Potassium 300 mg	6 %
Calcium 250 mg	19 %
Iron / Fer 3.5 mg	19 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

NUTRITIONAL FACTS • SWEET



Almond Cereal Bars
• Page 33

Nutrition Facts Valeur nutritive

Per bar
par barre

Calories 150	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 8 g	11 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 60 mg	3 %
Potassium 150 mg	3 %
Calcium 50 mg	4 %
Iron / Fer 2.5 mg	14 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Coco Monkey Popsicle
• Page 37

Nutrition Facts Valeur nutritive

Per 1 popsicle (85 g)
par 1 popsicle (85 g)

Calories 170	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 9 g	12 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	
Sodium 15 mg	1 %
Potassium 250 mg	5 %
Calcium 50 mg	4 %
Iron / Fer 0.5 mg	3 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Oat and Fruit Energy Bites
• Page 41

Nutrition Facts Valeur nutritive

Per 2 pieces (30 g)
par 2 pièces (30 g)

Calories 120	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 6 g	8 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 5 mg	
Sodium 2 mg	1 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Strawberry Beet Fruit Ribbons
• Page 35

Nutrition Facts Valeur nutritive

Per 2 ribbons (30 g)
par 2 rubans (30 g)

Calories 60	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 0.2 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 14 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 20 mg	1 %
Potassium 175 mg	4 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Mango Yogurt Fruit Dip
• Page 39

Nutrition Facts Valeur nutritive

Per 2 tbsp (30 mL)
par 2 c. à soupe (30 mL)

Calories 45	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 2 g	3 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 5 mg	
Sodium 15 mg	1 %
Potassium 50 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.2 mg	1 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Spiced Banana Turnovers
• Page 43

Nutrition Facts Valeur nutritive

Per 1 piece
par 1 pièce

Calories 240	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 11 g	15 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 31 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 200 mg	9 %
Potassium 150 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 1.5 mg	8 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

NUTRITIONAL FACTS • SWEET



Lemon Panna Cotta
• Page 45

Nutrition Facts

Valeur nutritive

Per ½ cup (125 mL)
par ½ tasse (125 mL)

Calories 90	% Daily Value*
Fat / Lipides 2.5 g	% valeur quotidienne*
Saturated / saturés 1 g	3 %
+ Trans / trans 0.1 g	5 %
Carbohydrate / Glucides 14 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 5 mg	
Sodium 65 mg	3 %
Potassium 175 mg	4 %
Calcium 100 mg	8 %
Iron / Fer 0.3 mg	2 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Watermelon Yogurt Sherbet
• Page 47

Nutrition Facts

Valeur nutritive

Per 1 cup (180 g)
par 1 tasse (180 g)

Calories 90	% Daily Value*
Fat / Lipides 0.4 g	% valeur quotidienne*
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	1 %
Carbohydrate / Glucides 16 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 5 mg	
Sodium 20 mg	1 %
Potassium 200 mg	4 %
Calcium 75 mg	6 %
Iron / Fer 0.3 mg	2 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Guelph Family *Health Study*

University of Guelph
50 Stone Road East
Guelph, Ontario N1G 2W1

Study Coordinator

Angela Annis

519-824-4120, ext. 56168

coordinator@guelphfamilyhealthstudy.com
guelphfamilyhealthstudy.com