

# What's In Your Lunch



## Milk & Alternatives

Milk and foods made with milk (like yogurt and cheese) are great sources of calcium, protein, and other bone building nutrients.

The **Nutrition Facts** panel\* on food packages can help you make healthy choices.

\* Be sure to compare equal serving sizes within each "category" (e.g. 30 g cheese to 30 g cheese, 60 g yogurt to 60 g yogurt, etc).

### Cheese



Look for the highest protein content

Nutrition Facts		Valeur nutritive	
Per 3cm cube (30g)/par 3cm cube (30g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories</b>	120		
<b>Fat / Lipides</b>	11 g	17 %	
Saturated / saturés	6 g	31 %	
+ Trans / trans	0.2 g		
<b>Cholesterol / Cholestérol</b>	35 mg		
<b>Sodium / Sodium</b>	200 mg	8 %	
<b>Carbohydrate / Glucides</b>	1 g	1 %	
Fibre / Fibres	0 g	0 %	
Sugars / Sucres	0 g		
<b>Protein / Protéines</b>	7 g		
Vitamin A / Vitamine A	8 %		
Vitamin C / Vitamine C	0 %		
<b>Calcium / Calcium</b>	15 %		
Iron / Fer	0 %		

Look for the highest % DV (% Daily Value) of calcium.

### Yogurt



- Calcium levels in different yogurt products are about the same.
- Different brands of yogurt may contain different amounts of sugar; check the Nutrition Facts Panel.
- Yogurt tubes have about the same amount of calcium as tubs of yogurt.

**NOTE:** "Trans fat" in dairy products is naturally occurring. It is artificial trans fat (i.e., hydrogenated vegetable oil) that increases the risk of heart disease.

### White... or flavoured milk?



- Chocolate milk and other flavoured milks like strawberry and banana have an equal amount of calcium and the same essential nutrients as white milk.

- One cup (250 mL) of white milk has 12 grams of naturally occurring sugar. The added sugar in chocolate/flavoured milk is about the same amount of sugar that is in half a banana.

**NOTE:** Milk drinks labelled "Shakes" have more added sugar... almost twice as much as you'll find in flavoured milk.

### What about "pudding cups"?



- Look for milk first on the list of Ingredients.
- Choose products with the highest "% DV" of calcium.
- Home made pudding (cooked or instant) is the most nutritious choice.
- Home made pudding is less than half the cost per serving when compared to commercial pudding cups.



**NOTE:** Just because it is in the cooler doesn't mean it's a good choice! Most pudding cups contain very little milk.