

BORED WITH BREAD?

Stock up on a variety of whole wheat and multi-grain wraps, pitas or soft tortilla shells, mini bagels - then let your imagination go!

Tasty fillings include:

- Beans, salsa, and shredded mozzarella cheese
- Hummus and grated carrot
- Egg salad made with chopped celery
- Salmon salad topped with shredded lettuce
- Sliced turkey with honey mustard
- Shredded cheddar cheese (i.e. 20% MF or less), cucumber and red pepper



Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

Developed by Renfrew County and District Health Unit