

Instant Noodles in Powdered Soup Base – Not a Healthy Choice for Growing Children!

No, these are not a suitable lunch choice. The deep fried noodles are high in unhealthy saturated fat and salt and lack vegetables, protein and vitamins. Growing children need the nutrients found in each of the four food groups from *Canada's Food Guide*. Instead, choose a lower sodium vegetable or legume soup. Pack in a thermos and add a whole wheat bun for a nutritious hot lunch.



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