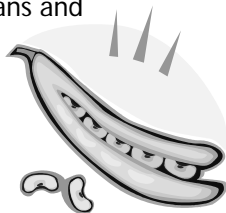


# More Beans Please!

*Canada's Food Guide* advises us to eat more beans and other meat alternatives. Try tasty three-bean salad, lentil and rice pilaf, split pea soup, baked beans or a bowl of vegetarian chili. Add whole grain crackers, yogurt and some fresh fruit and your youngster will be raring to go... in the classroom and on the playground.



Visit Canada's Food Guide online at  
[www.healthcanada.gc.ca/foodguide](http://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](http://www.healthunit.org/nutrition)

Developed by Renfrew County and District Health Unit