

Health capsule

Healthy lunchbox

Make lunches interesting and appetizing by varying the food you choose, as well as its colour and texture. Eating Well with [Canada's Food Guide](#) proposes a variety of foods in each group that will stimulate your taste buds.

A complete lunch includes at least one item from each food group:

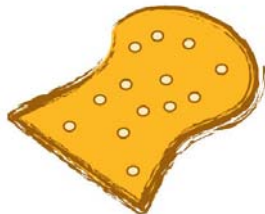
Vegetables and fruit

Carrot
Broccoli
Celery
Green pepper
Cucumber



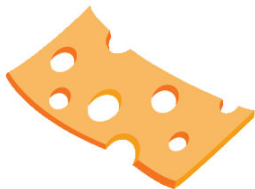
Grain products

Kaiser
Bagel
Whole wheat pasta
Couscous
Muffin



Milk and alternatives

Milk
Soy beverage
Yogurt
Cheese



Meat and alternatives

Tuna
Salmon
Turkey
Egg



Examples of balanced and varied lunchboxes

Tuna sandwich (12 grain bread, drained canned tuna in water, light cream cheese, finely chopped Spanish onion, lemon juice)

Vegetable juice

Dried fruits

Yogurt

Homemade bran muffin

Egg rotini (tri-color rotini, hardboiled eggs, light mayonnaise, black olives, red pepper and diced celery)

Apple juice

Cheddar cheese slices

Oatmeal cookie

Unsweetened fruit bar

Chicken kaiser (whole wheat kaiser bread, chopped cooked chicken, light mayonnaise, lettuce, finely chopped green onion)

Milk

Banana

Unsweetened fruit compote

Rice cakes



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A safe lunch box : beware of bacteria!

- Always use an ice pack to keep food cool.
- An insulated (thermos-style) lunch box should also contain an ice pack.
- A meal will remain hot, even when surrounded by ice packs, if it is in a tightly closed thermos that was heated for 10 minutes with boiling water prior to use.
- Wash the lunch box every day with soapy water to eliminate bacteria. Keep bad odours away by leaving it out in the open to dry.
- Lunch boxes and thermoses can occasionally be washed with water and baking soda to eliminate persistent odours.
- Do not use non-washable lunch bags, which contribute to the development of bacteria.
- Do not use a frozen main dish or frozen juice to keep the other food in the lunch box cool.



(Sources : www.msss.gouv.qc.ca, www.mels.gouv.qc.ca, www.cancer.ca)

In October, spread the word about the importance of mammogram

In the occasion of Breast Cancer Awareness Month, the Canadian Cancer Society invites Quebecers to participate in a movement for life and to spread the word about the importance of mammogram for women between the ages of **50 and 69**.

Starting on **October 1st**, it will be possible to send, through the **cancer.ca** website, a virtual card representing the “Thingamaboob”. Those who will spread the word will have a chance to win a real “Thingamaboob”.



THINGAMABOOB

Breast cancer screening

The mammogram and the clinical breast exam are the most reliable screening methods

Each bead of the Thingamaboob represents the **average size lump found by:**

Regular mammograms

A first mammogram

A physical exam by a health-care professional

A woman checking her breast

Actual size

Canadian Cancer Society
1-888-939-3333 / cancer.ca

PLEASE NOTE: THE « HEALTH CAPSULE » IS FOR INFORMATION PURPOSES ONLY AND IS NOT INTENDED TO PROVIDE MEDICAL ADVICE.