



Fruit snack
Collation aux fruits

GOGO SQUEEZ SANDWICH AND LUNCH MAKER

Creating a balanced diet can be challenging... and even more so when preparing lunches for children. This sandwich and lunch maker can simplify the task. Just choose a type of bread, a protein, vegetables and a condiment. Then total the calories to see if you have a winning combination. **The target is < 500 calories.**

BREAD	PROTEIN	VEGETABLES	CONDIMENTS	BEVERAGE	DESSERT	TOTAL
Roll (French) 105 calories	+ 75 g ham (very lean, < 5% fat) 80 calories	+ ½ cup grilled zucchini 10 calories	+ 15 ml (1 tbsp) cream cheese 45 calories	+ Water (to taste) 0 calorie	+ 1 fruit snack GOGO SQUEEZ 60 calories	=
Naan bread (1/4) 126 calories	Vegetarian option: 100 g Greek yogurt 58 calories	1 cup romaine/curly/iceberg lettuce 10 calories	15 ml (1 tbsp) ketchup 15 calories	125 ml 100% real fruit juice 59 calories	1 fresh fruit (apple, orange, nectarine, peach) 72 calories	
1 slice commercial white bread 66 calories	75 g chicken breast (cooked) 119 calories	½ tomato or 6-8 cherry tomatoes 15 calories	15 ml (1 tbsp) tofu mayonnaise 49 calories	125 ml tomato juice 22 calories	1 tube of yogurt 50 calories	
1 slice whole-grain bread 67 calories	75 g smoked turkey breast 60 calories	Baby carrots (8 carrots) 28 calories	15 ml (1 tbsp) reduced fat mayonnaise 57 calories	125 ml carrot juice 49 calories	1 piece of cheese (30 g - 1 oz) 121 calories	
½ pita 82 calories	75 g water-packed tuna, drained 96 calories	9 spiral-cut radishes 6 calories	15 ml (1 tbsp) regular mayonnaise 101 calories	1 small carton of 1% milk 108 calories	1 container tofu pudding 90 calories	
1 slice rye bread 83 calories	100 ml pureed chickpeas 114 calories	Pickles (3 medium) 21 calories	15 ml (1 tbsp) hummus 24 calories	Fortified soy beverage, any flavour 110 calories	1 instant pudding 110 calories	
Tortilla (small or 15 cm diameter) 104 calories	2 large hard-boiled eggs 141 calories	1 cup broccoli/cauliflower 32 calories	15 ml (1 tbsp) mustard 9 calories	1 container coconut water (240 ml) 45 calories	1 handful of dried fruits (2 tbsp) 48 calories	

For example, consider the following lunch combination: ½ pita topped with grilled zucchini and 75 g of canned tuna mixed with 15 ml tofu mayonnaise, baby carrots and spiral-cut radishes on the side, a **GOGO SQUEEZ** for dessert and a carton of milk as a beverage. The total comes to 439 calories, which is optimal for lunch.

