

TRUDEAU MAISON
FUEL SALAD
ON THE GO, \$23

{nutrition insider}

LUNCH LESSONS

Even if you were (or are) the master of the kids' school lunches, you could probably still use some advice on packing your own midday meal. We asked Canadian dietitian *Rose Reisman* for her tips on making the ultimate grown-up lunch to go.

What's the biggest mistake we make when it comes to packing a lunch?

We don't pack enough of the right foods, which can mean that blood sugar levels rise and fall later in the day, leading to hunger, fatigue and lack of concentration. The key is having a balance of lean protein, whole grains, lower-fat dairy and fruits and vegetables. This is true for kids and adults alike.

What are your best tips for a delicious and nutritious lunch?

Double up when you are making dinner so you have simple, ready-to-go lunches for the upcoming days. Rotating your lunch repertoire is important because fast food will look more appealing if you're packing that same old turkey sandwich every day. And don't forget to include mid-morning and mid-afternoon snacks, like plain yogurt and fruit or an ounce of cheese with a handful of nuts – these will keep you feeling full until your next meal.

Is there anything we should keep in mind about food storage?

Make sure you've got enough ice packs for your commute, and refrigerate your lunch, if possible, once you get to work. Animal protein, dairy products and mayo-based items should be kept cool at 40°F or lower. Also, use glass or oven-proof options for when you need to reheat your meal. Never put a plastic container in the microwave unless it's BPA-free.

GOOD READS

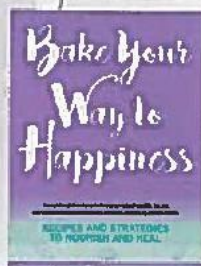


IT'S ALL EASY

by Gwyneth Paltrow, \$42

The latest tome from Oscar winner and lifestyle guru Gwyneth Paltrow is chock full of surprisingly unpretentious and easy-to-follow recipes. As she says in the book's

introduction, "Food doesn't need to be complicated to be good."



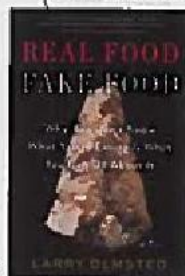
BAKE YOUR WAY TO HAPPINESS

by Marilyn Riesz, Lisa de Nikolits, Glean Watts, \$20

Come fall, most of us find our happy place in the kitchen, busily baking breads and squares.

This book ups your bliss

factor by offering mindful reflections and simple workbook exercises to go along with recipes for trusty faves, including brownies and date squares. More info: bakeyourwaytohappiness.com



REAL FOOD/FAKE FOOD:

WHY YOU DON'T KNOW WHAT YOU'RE EATING & WHAT YOU CAN DO ABOUT IT
by Larry Olmsted, \$42

U.S. food writer Larry Olmsted does double duty in this book. First he exposes "fake foods"

we unwittingly encounter every day, including coffee, olive oil and cheese, and then, in a helpful turn, he provides tips on how to recognize and savour "real foods." Read this before eating another thing!

CHEW ON THIS

Wanna lose weight? Eat loudly. A new U.S. study reveals that when people hear the sound of their food, they tend to eat less. So chew, chomp and crunch harder – you have nothing to lose, except maybe weight.

