Shift to Healthy Eating at Work



Do you need some ideas for a new wrap, pita, or sandwich? Combine any of these ingredients to make a new meal favourite.

Whole grain foods	Vegetables and fruits	Protein foods
 whole grain breads whole grain pitas whole grain tortillas brown rice quinoa whole grain noodles 	 cucumber arugula spinach peppers tomatoes avocado roasted/grilled 	 beans or lentils egg tuna or salmon roasted meats tofu cheese (cheddar, feta, lower fat mozzarella)

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vegetables

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