

February



**Instant noodles in powdered soup base –
a healthy choice for growing children?**

Instant noodles are not a suitable lunch choice. The deep fried noodles are high in unhealthy saturated fat and salt, and lack vegetables, protein and vitamins. Growing children need the nutrients found in each of the four food groups from *Canada's Food Guide*. Instead of instant noodles, make a hearty homemade soup with canned tomatoes and loads of chopped veggies and pack it in a thermos for a nutritious hot lunch.



**For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca**