Sandwiches

Source of proteins.



Egg sandwich	3 PO	RTIONS
6	Eggs, hard-boiled, shelled and mashed	6
¼ сир	Green onion, chopped	60 ml
3 tbsp	Mayonnaise	45 ml
2. tsp	Dijon mustard	10 ml
2 tbsp	Vegetables, diced (carrots, celery, radish, etc.)	30 ml
To taste	Salt and pepper	To taste

Tuna sandwich		4 PORTIONS
2 cans	Tuna, light, in water, drained	2 cans
1/3 cup	Mayonnaise	80 ml
¼ сир	Celery, finely chapped	60 ml
2 tbsp	Olives, finely chopped	30 ml
1	Green onion, finely chopped	1
To taste	Pepper	To taste



Preparation

- In a bowl, mix all ingredients.
- Serve on your favourite bread.



Altervative: replace canned tuna by canned salmon.

BALANCED FOOD PLATE

Vegetables (salads, soups, etc.) Grain products and starches (rice, pasta, bread, etc.) Meat, milk and their alternatives (fish, legumes, cheese, etc.)





Founded in 1879, the Montreal Diet Dispensary is Quebec's leader in social nutrition for pregnant women in difficulty. Each year, the Dispensary helps on average 1,000 of these women in the Greater Montreal to give birth to healthy babies and to foster optimal development of their children. Our innovative interven-tions in nutrition counselling, perinatal and social support, and community development help families feel empowered.