

Wholesome Life

Healthy choices are in! Offer your customers healthy food options with the Olymel Fork®. On the menu: portions that are low in fat and recipes that are high in nutritional value. Taste life with Olymel.

Taste life with Olymel!

A maximum of nutrients to grow strong

Preferences in taste and dietary habits are formed early in life and often reflect the behaviour of family and friends. It's through healthy, balanced diets that young people get what they need to grow and develop.

A healthy diet combined with regular physical activity and a healthy lifestyle contribute to optimizing our general health.

Young people today eat more ethnic foods, and are looking for filling foods with marked flavours and punch, foods that they can eat on the go, ready-to-eat foods, and so on. They are not worried about their health and are not very receptive to discussions of health. However, their concerns change with age, and the health factor becomes more important, which is why there is a need to educated.

- notes from a lunchtime workshop hosted by the Food Research and Development Centre's Board of Governors Foundation on April 6, 2006, "The dietary universe from 18-35 years."

There has been an increase in childhood obesity and related chronic diseases.

There is a greater prevalence of food allergies among young people, and suppliers can play a role in addressing the problem. Olymel has made the move to eliminate certain allergens in its foods, including peanuts, nuts and seeds of all sorts.

Good habits acquired at an early age form the basis of a healthy diet that is integral to a healthy lifestyle.

Canada's Food Guide to Healthy Eating is an invaluable reference tool for making good food choices. The guide divides food into four groups, each of which delivers a unique group of nutritional elements. This is why it is important to eat foods from each of the groups every day and to vary choices within a given group.

A balanced meal includes foods from the four groups. Nutritional elements that are essential to a healthy diet include carbohydrates, protein, fat, vitamins and minerals. Water and dietary fibre play an important role in the proper functioning of the body.

Achieving a balanced diet means making good food choices and spreading them throughout the day.

Recipe for success for an A+ meal

- ▶ Active participation and involvement of young people in cafeteria life. / 25
- ▶ Offering an inviting, pleasant environment in which to eat. / 25
- ▶ Offering menus adapted to the needs of young people, prepared with quality, versatile, tasty foods. / 25
- ▶ Developing educational activities that encourage the involvement and participation of young people, for example: / 25

Cooking courses
Courses on the role of foods
Thematic intercultural dietary seminars

Total: / 100

At school

The challenge for cooks and chefs in schools is how to offer nutritious dishes that young people enjoy. School cafeterias should be healthy places where the focus is on fresh, nutritious, tasty products.

The way young people eat proves it. "Young people in the study were missing three out of the four food groups from Canada's Food Guide to Healthy Eating to eat healthily. We know about the effects of nutrition on the physical and cognitive development that occur in childhood and adolescence. We can only hope that the concern with weight gain in our society does not lead to a reductionist approach, as is often the case when it comes to health problems. Young people are actually facing a problem of diet and of not enough healthful foods, which is occurring in a context of overabundance."

(Excerpt from an article by Lise Bertrand, "L'alimentation des jeunes québécois : des résultats inquiétants," which appeared in Nutrition science en évolution, vol. 2, no. 3, winter 2005.)

A balanced diet improves students' ability to learn, their performance at school and their quality of life. It's a guarantee of success!

Other institutions

The products and ideas in this brochure can be easily adapted to other types of food service such as public or private cafeterias, including those in the health network. Once we reach adulthood, growth stops, but it is still very important to continue to choose foods that offer strong nutritional value. The objective is simple: maintaining or improving our state of health at every stage of life. The four food groups in Canada's Food Guide to Healthy Eating are important for achieving the objective of a healthy diet! The meat and alternatives group is the main source of protein in our diet, and cuts of lean meat such as pork, chicken and turkey are "complete" animal proteins.



Let The Olymel Fork® grace your table!

The Olymel Fork®

symbol of our Food Service, invites you to discover a world of culinary possibilities and a variety of products and services that combine taste, quality, convenience, and exclusivity.

It offers you advice and ideas to reach your objectives, because encouraging customer loyalty, while ensuring the profitability of your company, is the best measure of success.

References

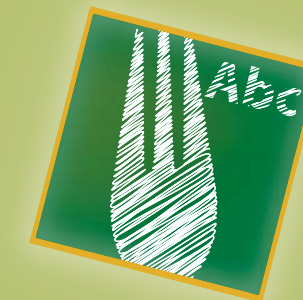
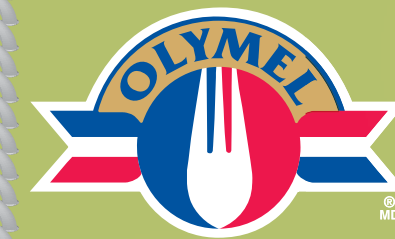
Canada's Food Guide to Healthy Eating: www.hc-sc.gc.ca/hpfrp-dgpa/onpp-bppn/food_guide_rainbow_f.html
Dietitians of Canada: www.dietitians.ca ; Ordre professionnel des diététistes du Québec (Professional Order of Dietitians of Quebec): www.opdq.org
Institut national de santé publique du Québec (Quebec National Institute of Public Health: www.inspq.qc.ca ; L'amélioration des saines habitudes de vie chez les jeunes - recommandations : le rapport Perrault. (Improving health habits among young people - recommendations: the Perrault report), September 2005 on the Web site www.brillier.gouv.qc.ca
Social and health study of Quebec children and adolescents - nutrition portion, Institut des statistiques du Québec: http://www.stat.gouv.qc.ca. Research publications from the Groupe de travail provincial sur la problématique du poids (GTPPP) (Provincial Working Group on the Issue of Weight), Institut national de santé publique. Association pour la santé publique du Québec (Quebec Association for Public Health)

Contact your Food Service Distributor or your Olymel Sales Representative and place your order today

OLYMEL S.E.C./L.P.

320 Orenda Road, Bramalea (Ontario) L6T 1G1 Canada
Tel: (905) 793-5291 • 1-888-793-5291
Fax: (905) 793-8829

1580, rue Eiffel, Boucherville (Québec) J4B 5Y1 Canada
Tel.: (514) 858-9000 • 1-800-361-5800
Fax: (450) 645-2864



Eating well helps us learn

The Olymel Fork® develops the taste for eating right. Our educational program, accompanied by new menu ideas, will be a plus to your expertise.

Olymel... I have the taste for eating right!

I'm learning how to eat right

Products in this brochure have the ideal nutritional profile for operators that want to offer healthier choices to consumers who watch what they eat. The brochure offers suggestions for mouth-watering, savoury dishes that draw on what's hot in food right now. (e.g. exotic foods, ethnic dishes). It lets you offer a greater variety of healthy versions of food adapted to the needs and tastes of consumers. Good nutrition involves variety in how food is prepared and cuts of meat.

These Olymel products deliver versatility, variety and creativity, and the suggestions for preparing food take different clients into account by adding healthy versions of products they already love and including fruits, vegetables and fibre.



Summary of North American nutritional recommendations:

- ▶ Reduce consumption of total fat to 30% of daily caloric intake. More specifically, limit the intake of harmful fats (saturated and trans fats) and choose healthier fats (monounsaturates and polyunsaturates). ✓
- ▶ Increase your intake of fibre, vitamins and minerals by eating more whole grain products, fruits and vegetables. ✓
- ▶ Consume salt, alcohol and caffeine in moderation. ✓
- ▶ Minimize intake of added sugar because it contributes to increasing the amount of calories in food and is one of the main causes of cavities and weight problems in children and adolescents. ✓