



Good for You

Great food that's good for you!

The **Good for you** program was designed with your health in mind. Food items that offer a healthier option for meals or snacks are identified by the green **Good for you** sticker. Options vary from entrées, salads, sandwiches, soups, and more at all Hamilton Health Sciences Volunteer Association operated cafés and cafeterias.

Locations

Good for you options are available at all cafés and cafeterias at the following hospitals:

General Hospital

Barton Bean
Bean Express (RRC)
Marketplace on Victoria (cafeteria)
Sunnyside Cafe (RCHC)

Juravinski Hospital & Cancer Centre

Atrium Cafe
Hummingbird Cafe
Nora's Fresh Cafe (cafeteria)

McMaster Hospital

Corner Cafe
Marketplace on Main (cafeteria)

St. Peter's Hospital

Maplewood Cafe

Healthy Grains

- Enjoy flavourful healthy whole grains such as quinoa, whole grain breads, oats and barley.

Fruits & vegetables

- Colour is the key with fruits and vegetables. Choose from a variety of nutrient rich colourful vegetables such as kale, sweet peppers, carrots, romaine lettuce and spinach.

Lower Fat Dairy Options

- Choose from a wide range of lower fat dairy and alternative options such as 1% and 2% milk, soy milk, and low fat yogurt, cheese and sour cream.

Lower Sodium Protein Options

- Lower sodium meats are used in the preparation of a selection of our made-to-order and prepared menu items.
- Try our delicious salads, sandwiches and entrées made with alternative protein sources such as edamame, beans and legumes.

Healthier Preparation

- In an effort to provide healthier options for our customers we use the following in the preparation of food items: trans fat free oils, light mayonnaise, light sour cream and light cream cheese

For more information about eating well visit [Canada's Food Guide](#) online.

Just look for the sticker and the choice is up to you!

