

# Healthy Choices Made Easy at Commerce Court\*

Assessment of select food and beverage options by Jacqui Wells, Registered Nutritionist

The following are healthy selections offered from Commerce Court's food vendors. Each selection is accompanied by an explanation of the nutritional value of key ingredients.



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\* Information presented does not represent endorsement and should be used as reference information only. Ingredients used by retail food vendor subject to change. Please consult with food vendor directly.



## WHOLE WHEAT/OAT BRAN BAGEL WITH VEGGIES & CHEESE

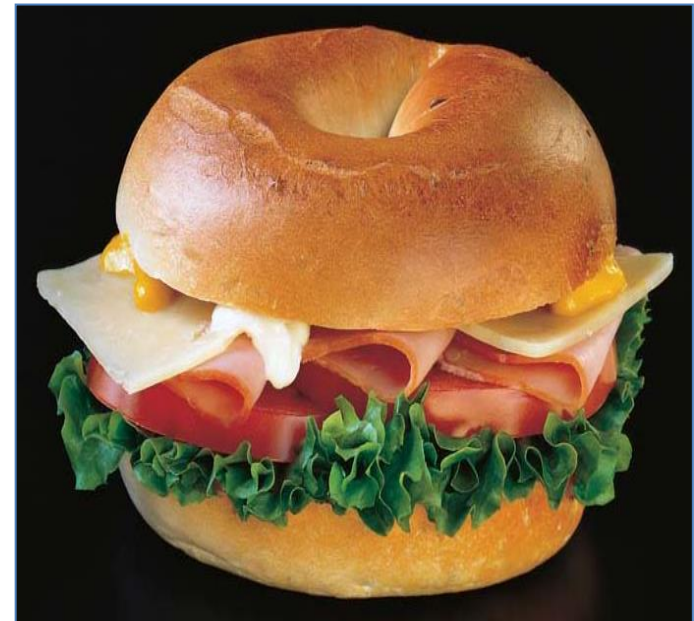
### BENEFITS:

Whole wheat / oat bran are forms of fibre. Fibre is helpful in cleaning/scraping unwanted debris as it travels the length of our intestinal tract. When fibre is attached to a carbohydrate (a “sugar”) it slows down the insulin release, therefore easier on the body to maintain healthy blood sugar levels.

Vegetables contain a variety of vitamins and minerals / antioxidants, fibre and tend to be on the more alkaline side of the food scale. The bagel is acidic; therefore the vegetables will assist to create the balance needed.

Nutrients you will find in cheese may include: calcium, magnesium, zinc, selenium and folate. As well as some fat-soluble vitamins such as A, E, K and D.

<http://www.thebagelstop.com/>





## GRILLED SALMON / CHICKEN (FILLET OR KEBAB) ON SALAD TOPPED WITH AN OIL-VINEGAR DRESSING

### BENEFITS:

Salmon is high in omega 3 fats which are helpful for heart health and brain function, as well as inflammation, circulation, memory and blood sugar control. Chicken is a source of protein and a variety of vitamins and minerals needed by the body.

The salad makes for good food combination which is easy to digest in the middle of the day. The vegetables provide vitamins and minerals as well as fibre. The olive oil in the dressing is an excellent addition for adding more healthy fats for healthy brain function.

<http://www.jimmythegreek.com/>





## BRAISED TOFU BURRITO

### BENEFITS:

Tofu is an excellent source of **protein, iron and calcium**. It is also gluten free which can be helpful to those with sensitivities.

Served on a whole wheat tortilla with black beans and corn for a healthy veggie option, providing **fibre, essential vitamins and minerals** needed by all systems of the body. Have it on a bowl of whole grain brown rice for a healthy gluten free option.

<http://www.z-teca.com>





## THE CHEWY CHOC COOKIE

### BENEFITS:

The perk to this cookie is that Mos Mos took the time to come up with a tasty recipe that has removed most of the ingredients that have caused food allergens in a high percentage of society, such as: wheat, gluten, and dairy. The cocoa will provide a boost of energy and assists with healthy circulation. The Chewy Choc Cookie also has no added butter or oil. This cookie makes for a delicious mid afternoon snack.

<http://mosmoscoffee.com/>





## GREEN TEA MATCHA LATTE

### BENEFITS:

The Green Tea Matcha Latte is full of so many good things. Matcha tea is packed with antioxidants, contains chlorophyll and a variety of vitamins and minerals. This tea will assist in detoxification, boost metabolism, and aid in concentration. Matcha green tea is also known for disease prevention.

<http://www.secondcup.com/>

