



**International Chefs Day 2017:
"Food for Healthy Heroes" Recipes**

RECIPE CRITERIA

All recipes must...
... be for 4 portions
... be in metric units , such as grams and liters
... be healthy - and contain as little salt, sugar and fat as possible
... be suitable for children between 6-12 years old, children should also be able to recreate the recipes themselves
... feature ingredients that are readily available in most regions of the world
... focus/include one or more items on the "Foods for Healthy Heroes" list below:
- <i>Oranges</i>
- <i>Apples</i>
- <i>Bananas</i>
- <i>Strawberries</i>
- <i>Mangoes</i>
- <i>Tomatoes</i>
- <i>Spinach</i>
- <i>Carrots</i>
- <i>Cucumber</i>
- <i>Broccoli</i>
Nutritional guidelines for snack recipes:
- focus on fruits and vegetables
- do not add any sugar to recipes
- no fried items
- add as little salt as possible
- less than 70 mg of sodium per serving (if possible to calculate)
- less than 170 kcal per serving (if possible to calculate)
Nutritional guidelines for an individual side dish:
- focus on fruits and vegetables
- do not add any sugar to recipes
- no fried items
- add as little salt as possible
- less than 350 mg of sodium per serving (if possible to calculate)
- less than 340 kcal per serving (if possible to calculate)
Nutritional guidelines for a full meal:
- 1/2 of the plate should have fruits and/or vegetables
- 1/4 of the plate should have grains and/or cereals - these should at least be half whole grain
- 1/4 of the plate should have lean protein (meat, poultry, fish, eggs, beans, etc.)
- no added sugar
- no fried items
- add as little salt as possible
- less than 560 mg of sodium per serving (if possible to calculate)
- less than 510 kcal per serving (if possible to calculate)

RECIPE SUBMISSION

Deadline is 31 May 2017
For more information and to submit your recipes please contact:
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