

Meal Planning Using Canada's Food Guide

Healthy Eating is More Than the Foods You Eat! Canada's Food Guide encourages you to:

- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others

The 2019 Canada's Food Guide does not provide portion size guidelines. Servings listed below are examples of one serving. Nutrition needs for individuals vary; discuss with your dietitian/healthcare provider about what recommended serving sizes may be appropriate for you.

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|---|--|
| <p>Have plenty of vegetables and fruits</p> <p>Eat protein foods</p> <p>Make water your drink of choice</p> <p>Choose whole grain foods</p> | <p>Whole Grain Foods (1/4 plate)</p> <ul style="list-style-type: none"> -1 slice 100% whole grain bread (35g slice) -1/2 whole grain flat bread, tortilla, chapati (35 g or 6-8") -1/2 cup whole grain cold cereal (or 30 g) -3/4 cup cooked oatmeal -1/2 cup whole grain cooked rice, pasta, quinoa |
| | <p>Protein Foods (1/4 plate)</p> <ul style="list-style-type: none"> -2.5 oz. lean meat, fish, poultry (1 palm-size and pinky finger thick) -1-2 eggs -3/4 cup beans or lentils -3/4 cup tofu -2 Tbsp. nut butter -1/4 cup nuts and seeds -1 cup skim or 1% milk or soy milk -3/4 cup lower fat and sugar yogurt or kefir -1.5 oz. (2 thumbs) low fat cheese (<20% M.F.) -1/2 to 1 cup lower fat cottage/ricotta cheese |
| | <p>Vegetables and Fruits (1/2 plate)</p> <ul style="list-style-type: none"> -Raw, cooked, steamed, low sodium canned vegetables or salad -1/2 cup fresh, frozen, or canned fruit -1 medium piece of fruit (tennis ball size) -1/4 cup dried fruit (*Caution high risk for tooth decay) |

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Breakfast Ideas

| Whole Grains (1/4 plate) | Protein Foods (1/4 plate) | Vegetables and Fruits |
|--------------------------------|---|----------------------------------|
| 1-2 slices whole grain toast | 2 Tbsp. nut butter + ¼ cup yogurt | 1 small banana |
| ½-1 whole grain English muffin | 1-2 eggs (omelet) + ¼ cup shredded cheese | Diced tomato, peppers, mushrooms |
| ¾ -1.5 cup cooked oatmeal | ¼ cup nuts/seeds + 1 cup cottage cheese | ½-1 cup frozen berries |
| ½-1 cup whole grain cereal | 1 cup milk/soy milk + 1 egg | 1 orange |
| 1-2 whole grain pancakes (4") | ¾ cup Greek or Skyr yogurt | ½ cup fruit cocktail |
| 1 homemade bran muffin | ¼ cup walnuts + 1.5 oz cheese (2 thumbs) | 1 apple |

Lunch Ideas

| Whole Grains (1/4 plate) | Protein Foods (1/4 plate) | Vegetables and Fruits (1/2 plate) |
|------------------------------|---|---|
| ½-1 whole wheat tortilla | 2.5 oz. turkey/chicken/pork/fish/beef | 1 cup carrot sticks + 1 pear |
| 1-2 slices whole grain bread | ½ can salmon or tuna | 1 cup snap peas + 1 fruit cup |
| ½-1 whole wheat pita | 1/3 cup hummus + 1 Baby Bel cheese | 1 cup sliced peppers and cucumbers |
| ½ - 1 cup whole wheat quinoa | ¾ cup beans, lentils, or chickpeas + 1.5 oz feta cheese | 2 cups colourful salad + ½ cup cherries |
| ½ - 1 cup brown rice | ¾ cup edamame beans or tofu | 1 cup steamed frozen veggies |
| 1 Frozen Dinner* | 1 cup milk/soy milk + ¼ cup nuts/seeds | 2 cups coleslaw salad + 1 cup melon |

(*e.g. Smart Ones™, Lean Cuisine™, Healthy Choice™)

Dinner Ideas

| Whole Grains (1/4 plate) | Protein Foods (1/4 plate) | Vegetables and Fruits (1/2 plate) |
|----------------------------------|--|--|
| ½ - 1 cup sweet potato/yam | 2.5 oz. meat, fish, poultry | 2 cups steamed vegetables + 1 peach |
| ½-1 small whole grain bun | 1 cup bean chili + ¼ cup shredded cheese | 2 cups tossed salad + ½ avocado |
| ½-1 cup whole grain pasta | ½ cup ground chicken + 1 cup soy milk | 1 cup tomato sauce with added vegetables + green salad |
| ½-1 cup wild/brown rice | ¾ cup sautéed tofu + ½ cup lentils | 2 cups stir- fried frozen vegetables |
| ½-1 cup whole wheat couscous | 2.5 oz. baked salmon + 1 cup milk | 2 cups roasted peppers + zucchini |
| ½-1 whole wheat or corn tortilla | ¾ cup black beans + ¼ cup nuts | 1-2 cups cut-up vegetables (lettuce, tomato, peppers) |

FAT: Include some healthy fats as part of healthy eating, including nuts, seeds, avocado, fatty fish, vegetable oils, non-hydrogenated margarine. "The type of fat you eat over time is more important for health than the total amount of fat you eat."

STARCHY VEGETABLES: For people with chronic conditions such as pre-diabetes, type 2 diabetes, obesity and metabolic syndrome, it might be helpful to categorize starchy vegetables along with the whole grains (e.g. potato, sweet potato, yam, peas, parsnips, butternut/acorn/hubbard squash).