

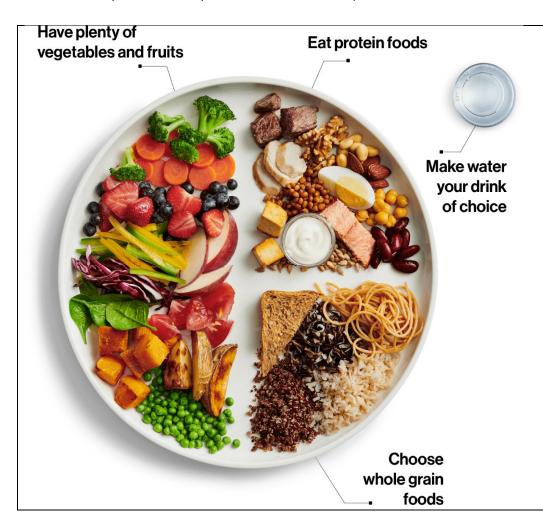
Meal Planning Using Canada's Food Guide

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.



Whole Grain Foods (1/4 plate)

- -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

Protein Foods (1/4 plate)

-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
- -¾ 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

Vegetables and Fruits (1/2 plate)

- -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 + ¾ cup yogurt	1 small banana
1/2-1 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	⅓-1 cup frozen berries
1/2-1 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

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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	
1/2-1 small whole grain bun	1 cup bean chili + ¼ cup shredded cheese	2 cups tossed salad + ½ avocado	
⅓-1 cup whole grain pasta	½ cup ground chicken + 1 cup soy milk	1 cup tomato sauce with added vegetables + green salad	
1/2-1 cup wild/brown rice	¾ cup sautéed tofu + ½ cup lentils	2 cups stir- fried frozen vegetables	
1/2-1 cup whole wheat couscous	2.5 oz. baked salmon + 1 cup milk	2 cups roasted peppers + zucchini	
⅓-1 whole wheat or corn tortilla	¾ cup black beans + ¼ cup nuts	1-2 cups cut-up vegetables (lettuce, tomato, peppers)	

<u>FAT:</u> 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."

<u>STARCHY VEGETABLES:</u> 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).