

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

<https://food-guide.canada.ca/en/> (Last assessed 8-Nov-2021)

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.

<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 <hr/> <p>Protein Foods (1/4 plate)</p> <ul style="list-style-type: none"> -2.5 oz. fish, poultry or meat (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 milk or soy milk -3/4 cup yogurt or kefir -1.5 oz. (2 thumbs) cheese -1/2 to 1 cup cottage/ricotta cheese <hr/> <p>Vegetables and Fruits (1/2 plate)</p> <ul style="list-style-type: none"> -Raw, cooked, steamed, 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
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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
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 canned fruit in water or juice
1 homemade 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 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. Healthy Choice™ Power Bowl/Steamers)

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).