

Brown Bag Olympics “Olympic” Food Guide



The following list have been developed based on Canada’s Food Guide to Healthy Eating. It is meant to help you make healthy food choices, but it does not contain every healthy food available so use your own judgement.

Olympic Food Groups			
Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives
<ul style="list-style-type: none"> ▶ Bread, rolls, bagels, english muffins, pita bread, or tortillas (whole wheat or multi-grain are great) ▶ Muffins (homemade, low fat, high fibre; with veg or fruit) ▶ Crackers (low fat) ▶ Graham wafers ▶ Unsweetened or low-sugar cereal ▶ Granola Mix ▶ Rice cakes ▶ Corn bread ▶ Noodles or pasta (whole wheat are great) ▶ Rice (brown rice are great) ▶ Noodle or rice soup ▶ Pasta salad ▶ Cheese pizza 	<ul style="list-style-type: none"> ▶ Fresh vegetables and fruits ▶ Canned fruit (packed in juice) ▶ Applesauce or applesauce blend products ▶ Frozen fruit (without added sugar) ▶ Dried fruit ▶ Fruit crisp (e.g. apple, rhubarb crisp) ▶ 100% vegetable or fruit juice ▶ Frozen vegetables (without added fat) ▶ Vegetable soups ▶ Vegetables (stir-fried) ▶ Salads (without high fat dressing) 	<ul style="list-style-type: none"> ▶ White milk (2%, 1%, or skim) ▶ Chocolate milk (1% or 2%) ▶ Yogurt and yogurt drinks (2% milk fat or less) ▶ Cheese and cheese strings ▶ Milk-based soups and chowders ▶ Cheese pizza 	<ul style="list-style-type: none"> ▶ Chicken or turkey ▶ Lean cold cuts ▶ Lean or extra lean beef or pork products ▶ Fish, Seafood (fresh or frozen) ▶ Canned fish (packed in water) ▶ Beans, lentils, dried peas (e.g. baked beans, lentil or split pea soup, chili with beans) ▶ Eggs ▶ Tofu or tofu products (e.g. veggie dogs or burgers) ▶ Peanut butter ▶ Soya beverages ▶ Nuts and seeds (unsalted are great) <p>★ choose baked or broiled meat and fish; not battered or fried</p>