

Meat and Alternatives

Nutrient-rich choices include:

- beef, pork
- chicken, turkey
- kidney beans
- chickpeas
- black beans, lentils
- tofu and other soya products
- hummus
- fish such as: halibut, pike, salmon, snapper and trout
- shellfish such as: shrimp and scallops
- calamari (squid)
- nuts and seeds such as: almonds, walnuts, sunflower seeds and peanut butter
- eggs



The best meal is a balanced meal, with foods from 3 or 4 of the Food Groups in Canada's Food Guide to Healthy Eating.

Grain Products

Choose whole grains often.

- rye bread
- multi-grain bagels or pitas
- bran and whole-grain muffins
- oatmeal
- whole grain cereals (i.e.: bran flakes)
- rice: basmati, jasmine, wild, sweet and brown
- barley
- pasta: tortellini, orzo, linguini and fettuccini
- couscous
- buckwheat pancakes
- noodles



Milk Products

Choose milk every day:

- milk
- buttermilk
- chocolate milk
- lactose-reduced milk

Other milk products to boost your calcium include:

- yoghurt
- kefir
- cheeses such as: Cheddar, Brie, Edam, Feta, Mozzarella, and Swiss
- milk & fruit smoothies
- cream soups such as tomato, leek, mushroom and broccoli
- café au lait (half coffee, half milk), café latte
- ice cream, custard, pudding

Other Foods

These add taste and variety but they lack important nutrients, so use them in moderation.

- chocolate bars and candies
- tea, coffee
- pop, fruit drinks
- alcohol
- condiments: relishes, ketchup, pickles
- salad dressing, sauces and gravy
- chips, and other snack foods such as pretzels
- spices
- vegetable oils, margarine and butter
- jams



Vegetables and Fruit

Choose dark green and orange vegetables and fruits more often.

- peaches, cantaloupe
- navel oranges, clementines and tangerines
- apples, grapes
- plantain, avocado
- mango, lychee
- red and white potatoes
- Chinese long beans, bok choy
- Brussels sprouts, broccoli, cabbage
- romaine lettuce, endive
- fennel, zucchini, turnip
- portobello mushrooms
- okra, eggplants
- sweet potatoes
- vegetable and fruit juices



Take-out Tips

Today, many families eat out or pick up fast food fairly often. Include these healthy choices:

- ✓ wraps and pitas
 - ✓ stuffed baked potatoes
 - ✓ falafels
 - ✓ grilled chicken sandwich
- and choose milk as your beverage.

Snappy Snacks

Snacks are great to fill in the gaps between meals and add variety. Choose snacks from the 4 Food Groups, like these: chocolate milk, slice of pizza, milk & fruit smoothie, vegetable sticks and dip, devilled eggs, fruit and cheese kebobs, tortilla banana wrap, and plain popcorn.

Freezer Flavour Savers

To maximize their flavour and nutritional values, foods should be stored in the freezer no longer than:

milk	6 weeks
yoghurt	1 month
breads	1 month
cooked poultry	1 to 3 months
fatty fish (<i>salmon etc.</i>)	2 months
uncooked ground meat	2 to 3 months
cooked meat	2 to 3 months
cheese	3 months
soups	4 months
lean fish (<i>sole etc.</i>)	6 months
uncooked poultry (<i>cut up</i>)	6 months
uncooked beef (<i>roast</i>)	10 to 12 months
herbs	1 year
fruits and vegetables	1 year

(Source: Agriculture Canada)

How do "mixed dishes" fit in?

Pizza (that's a mixed dish), chocolate milk and an apple for lunch?

Here's how to write down the main ingredients and put them into the 4 Food Groups:



Ham

Pizza crust

Green peppers, mushrooms, Apple (dessert) tomato sauce

Mozzarella cheese
Chocolate milk



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