START PLANNING

Use the next few pages to help you build your own better meals, with an abundance of food options to inspire, and guidelines designed to showcase just what healthy plate portions are all about.

- Let “cook once, eat twice” be your mantra, making enough to tide you over for additional meals the next day or two (or freeze for later)
- Packing your own lunch versus purchasing each day is easier on your wallet, and keeps you in charge of both ingredients and portion sizes
- If your dinner is lacking in vegetables then add a salad, raw vegetables and dip, steamed chopped vegetables or cooked frozen vegetables
- Stay hydrated – keep a reusable water bottle nearby as a reminder to sip water regularly during the day

Tip: When planning your meals, think of what fruits and vegetables are ripe, ready and in season
**BUILD YOUR OWN MEALS**
To provide a sprinkle of variety and a dash of inspiration, pick and choose from each of the food groups list when grocery shopping for your meal plan. And for even more creative ideas, book a grocery store tour with your In-Store Dietitian!

### VEGETABLES
- Arugula
- Beets
- Cabbage
- Celery
- Edamame
- Lettuce
- Peas
- Radishes
- Sweet Potato
- Turnip
- Asparagus
- Broccoli
- Carrots
- Corn
- Eggplant
- Mushrooms
- Peppers
- Spinach
- Swiss Chard
- Zucchini
- Bean Sprouts
- Brussels Sprouts
- Cauliflower
- Cucumber
- Kale
- Parsnips
- Potatoes
- Squash
- Tomatoes

### FRUIT
- Apples
- Bananas
- Cherries
- Figs
- Kiwi
- Melon
- Peaches
- Plantain
- Prunes
- Rhubarb
- Apricots
- Blackberries
- Cranberries
- Grapefruit
- Lychee
- Oranges
- Pears
- Plums
- Raisins
- Strawberries
- Avocado
- Blueberries
- Dates
- Grapes
- Mango
- Nectarines
- Pineapple
- Pomegranate
- Raspberries

### GRAINS AND MORE
- Bagels
- Buns and Rolls
- Couscous
- Granola Bars
- Pancakes
- Quinoa
- Rye
- Bread
- Cereal
- English Muffins
- Naan
- Pasta
- Rice
- Tortillas
- Bulgur
- Crackers
- Farro
- Oats and Oatmeal
- Pita
- Rice Noodles
- Waffles

*Did you know potatoes, corn, squash, turnip, sweet potato and parsnips count in this category too?*

### MEAT AND MORE
- Almonds
- Beef
- Black Beans
- Chicken
- Clams
- Chickpeas (hummus)
- Crab
- Duck
- Eggs
- Fish
- Kidney Beans
- Lobster
- Kidney Beans
- Liver
- Nut Butters (all types)
- Lentils
- Oysters
- Pumpkin Seeds
- Mussels
- Pork
- Seed Butters
- Sausages
- Scallops
- Turkey
- Sunflower Seeds
- Shrimp
- Walnuts
- Vegetable Seeds
- Venison
- Fortified Almond Milk

*Did you know Cow’s Milk, Cheese, Cottage Cheese, Greek Yogurt, and Kefir are all good protein options? Consider these foods when planning your meals and snacks.*
MINDFUL MEAL PLANNING

SWEETEN UP
Sweeten foods naturally using fruit or fruit purées, such as pitted dates, mashed banana or applesauce. When baking, enhance flavours with a sprinkle of spice, like cinnamon, nutmeg, cardamom or ginger.

GOOD FATS
Aim for a small amount – 2 to 3 tbsp (30 to 45 mL) of unsaturated fat each day. This includes those found in salad dressings, margarine and mayonnaise, along with oil used for cooking. Use vegetable oils such as canola, olive and soybean. Add avocado to salads and sandwiches. Or have a small handful of unsalted nuts or seeds as part of a snack or salad topper.

SALTY
Reduce the salt when seasoning, using fresh or dried herbs and spices to flavour your food instead. When using canned beans and vegetables, rinse and drain well to reduce the amount of sodium.

SET YOURSELF UP FOR SUCCESS
After grocery shopping, wash and chop your vegetables and keep in containers in the refrigerator for convenient snacking. Prepare meals in larger batches, then portion and refrigerate or freeze. Busy weeknights? Go for prepared foods rated by the Guiding Stars® program and pair with options from other food groups (like fresh vegetables, whole grains and lean protein) to create quick and easy meals and snacks.
CHEWS WISELY
Practice mindful eating, taking the time to savour each bite. Eating slowly and without distraction can help to be aware of fullness cues.

When possible, sit down to enjoy mealtime at the table with friends and family. Eat at similar times each day, if possible.

Treat yourself on occasion, but aim to eat half as much of indulgent foods and half as often.

Liquid calories can quickly add up – let water be your beverage of choice most often…or enhance it!

Add berries, mint sprigs, sliced lemon, lime or cucumber to water.

Choose herbal teas, both hot or iced.

Try sparkling water with natural flavour for fun and fizz without any calories.