

FAMILY TASK LIST	NAME
Set/clear the table	
Wash dishes	
Chop vegetables	
Cook dinner	
Put away leftovers	
Pack lunch	

Two glasses of milk for each family member per day

Fish dishes twice weekly

Bean and lentil dishes often

Day of the Week			
BREAKFAST			
Vegetables and Fruit			
Grain Products			
Milk and Alternatives			
Meat and Alternatives			
LUNCH			
Vegetables and Fruit			
Grain Products			
Milk and Alternatives			
Meat and Alternatives			
DINNER			
Vegetables and Fruit			
Grain Products			
Milk and Alternatives			
Meat and Alternatives			
SNACKS			

SHOPPING LIST	

USING YOUR PLANNER

OTHER GROCERY ITEMS

- Use this guide to **plan ahead** for healthier family meals and snacks.
- It's flexible! Use it for one meal, one day or more. Choose alternate menu plans when family activities change.
- See the example below for different ways to complete your planner; use check marks to see how many food groups are covered or fill out all ingredients to help you plan your shopping list. Adapt this to meet your personal planning style.
- Double check that your plan is healthy by using the checklist on the front.
- Make your grocery list based on your plan, then put your plan into action!

Family meals make healthier life-long eaters; eat together often.

Example:	Monday		
BREAKFAST	Cereal & milk with juice		
Vegetables and Fruit	✓		
Grain Products	✓		
Milk and Alternatives	✓		
Meat and Alternatives			
LUNCH	Sandwich with fruit and milk		
Vegetables and Fruit	banana		
Grain Products	bran bread		
Milk and Alternatives	chocolate milk		
Meat and Alternatives	tuna		
DINNER	Pizza and milk		
Vegetables and Fruit	mushrooms, peppers, onions, broccoli		
Grain Products	whole-wheat crust		
Milk and Alternatives	Mozzarella cheese, milk		
Meat and Alternatives	chicken		
SNACKS	Hummus & veggies with water		
SIVACKS	Yogurt & apple /		

Vegetables and Fruit

Vegetables: asparagus, bamboo shoots, beets. bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, chayote, Chinese long beans, corn, cucumber, eggplant, endive, fennel, fiddleheads, green & yellow beans, kale, kohlrabi, leeks, mushrooms, mustard greens, okra, peppers, potatoes, pumpkin, radishes, snow peas, spinach, squash, sweet potato, tomatoes, tomato sauce, tossed salad. turnips, yams, zucchini, vegetable juice blends

Fruit: apples, apricots, avocados, bananas, berries, cherries, dried fruit, figs, grapefruit, grapes, guava, kiwi, lychee, mangoes, melons, oranges, papayas, peaches, pears, pineapple, plums, pomegranates, rhubarb, watermelon, 100% fruit juices Vegetables and fruit can be fresh, frozen or canned.

Grain Products

Bread: bagels, bannock, buns, challah, chapatti, English muffins, flat bread, focaccia, homemade whole-grain muffins, naan, pitas, roti, tortillas, whole-grain breads (whole wheat, bran, multi-grain, pumpernickel)

Pasta: couscous, whole-grain fettuccini, linguini, macaroni, noodles, orzo, penne, rotini, tortellini

Grains and Other Grain Products: barley, bulgur, cereal (hot or cold), crackers, kasha, muesli, oatmeal, pancakes, polenta, popcorn, porridge, quinoa,

rice (sticky, brown,

wild, white Your food and and jasmine beverage choices rice cakes, are key to teaching waffles your children healthy food habits: lead by example rather than

by words.



Fresh fruit Cereal with milk

Hard-boiled egg

butter wrap

• Fruit and milk smoothie

Snacks in a Snap

snacks like these:

• Plain popcorn

Choose quick wholesome

• Trail mix (dry cereal, dried fruit and nuts)

Better Beverages

Research suggests that poor beverage choices are getting in the way of good eating habits. Here are some tips:

1. Enjoy milk with most meals to get the recommended two glasses of milk a day.

Drink water between meals.

- Choose vegetable juice blends that are low in sodium and fruit juices that are 100% pure juice.
- 4. For more nutrition, serve children chocolate milk instead of pop.
- 5. Add a splash of citrus to flavour plain water.
- 6. Choose lattes (half coffee, half milk) instead of coffee for more nutrition.
- 7. For fewer calories, mix flavoured sweetened beverages and juices with sparkling water.

Milk and Alternatives

Milk: buttermilk, evaporated milk, hot chocolate (made with milk), latte, milk* (plain or flavoured), milk & fruit smoothies, powdered milk (reconstituted)

Cheese: Bocconcini, Brie, Cheddar, Colby, Cottage cheese, curds, Edam, Emmental, Feta, Friulano, Gouda,

Havarti, Mozzarella, Muenster, Neufchatel, Oka, paneer, Parmesan, Provolone, Quark, Ricotta, string cheese, Swiss

Yogurt: kefir, yogurt (plain, flavoured and frozen), yogurt drink, yogurt tubes

Other: custard, flavoured fresh cheese, pudding (made with milk)

* If you do not drink milk, choose fortified soy beverage.

Fish: halibut, herring, salmon, sardines, snapper, sole, trout, tuna Poultry: chicken, duck, turkey

Meat and Alternatives

Meats: beef, goat, lamb, organ meats, pork, venison Seafood: calamari (squid).

crab, scallops, shrimp

Other: cooked beans and legumes, dahl, eggs, falafel, hummus, nuts & seeds, peanut and other nut butters, tempeh, tofu and other soy products

Invest 15 minutes in planning menus ahead; it can save hours of your time during the week!

Limit choices that are nutrient poor and/or higher in calories, fat, sugar or salt, including pop, fruit-flavoured drinks, alcohol, sweets, pastries, chips, lard, shortening, butter, margarine, coconut milk, and gravy.

For more healthy eating, meal planning and recipe ideas visit: www.dietitians.ca

www.healthcanada.gc.ca/foodguide

To track your food choices, order:

"The Plate Mate" at www.dairygoodness.ca and click on 'Request for Material'



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