| 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 | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| SNACKS | - | - | - | - | $\cdots$ |

USING YOUR PLANNER 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!

| BREAKFAST | Cereal \& milk with juice |
| :--- | :---: | :---: |
| Vegetables <br> and Fruit | $\checkmark$ |
| Crin |  |

Vegetables and Fruit Vegetables: asparagus, bamboo shoots, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, chayote, Chinese long bean corn, cucumber, eggplant, endive, fennel, fiddleheads green \& yellow beans, kale kohlrabi, leeks, mushrooms, must greens, okra, peppers, potatoes, pumpkin,
radishes, snow peas, spinath radishes, snow peas, spinach, squash, sweet potato, tomatoes, tomato sauce, tossed salad turnips, yams, zut in, vetable 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,
Vegegables and fruit can be fresh, frozen or canned.

## Milk and Alternatives

Milk: buttermilk, evaporated milk, hot chocolate (made with milk) latte milk ${ }^{*}$ (plain or flavoured) milk \& frit (made with powdered milk (reconstituted) powdered milk (reconstituted)
Cheese: Bocconcini, Brie, Cheddar, Colby, Cottage cheese curds, Edam, Emmental, Feta, Friulano, Gouda
Havarti, Mozzarella, Muenste
Neufchatel, Oka, paneer, Ricotta, string cheese, Swiss Ricotta, stris Cheese, Swiss Yogurt: kefir, yogurt (plain, yogurt drink, yogurt tub yogrt dink, yogrtubes Other: custard, flavoured fresh cheese, pudd (made with milk) *If you do not drink milk, choose
fortified soy beverage.

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.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'


| NUTRITION |
| :--- |
| DARFT FARMES OF | dairygoodness ca




## Snacks in a Snap

choose quick who

- Plain popcorn
- Small handful of unsalted nuts - Yogurt topped with fresh fruit and granola
- Apple and cheese
- Small homemade muffin - Hummus with veggie sticks - Tortilla, banana and peanut butter wrap
Fresh fruit
Cereal with milk
Fruit and milk smoothie - 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. 2. Drink water between meal 3. Choose vegetable juice blends that are low in sodium and frut juices that are 100 pure juice.
2. For more nutrition, serve children chocolate milk instead of pop.
3. Add a splash of citrus to flavour plain water.
4. Choose lattes (half coffee, half milk) instead of coffee for more nutrition.
5. For fewer calories, mix flavoured sweetened beverages and juices with sparkling water.
