

What Foods Are Healthier Choices?

The next three charts can help you choose which foods to serve every day or serve sometimes, and which ones to limit. The “Foods to serve every day” choices are minimally processed and contain less fat, salt (sodium) and sugar, and provide more vitamins, minerals and fibre. Read labels to choose the better brands. Serve these foods most of the time (about 80%).

TRY THIS: Check off the foods that you serve. Then go back and think – do you serve them as suggested (every day, sometimes or in limited amounts)? Are there any foods from the “Foods to serve every day” chart that you could offer more often or add to your meal plans?

FOODS TO SERVE EVERY DAY			
VEGETABLES AND FRUIT	GRAIN PRODUCTS	MILK AND ALTERNATIVES	MEAT AND ALTERNATIVES
<ul style="list-style-type: none"> <input type="checkbox"/> Fresh vegetables and fruit when in season, and frozen or canned at other times <input type="checkbox"/> Dark-green vegetables: broccoli, bok choy, peas, green beans, cabbage, fiddleheads, romaine lettuce, spinach <input type="checkbox"/> Orange vegetables and fruit: carrots, squash, pumpkin, yams or sweet potatoes, cantaloupes, apricots, nectarines <input type="checkbox"/> Unsweetened 100% fruit juice: grape, orange, pineapple, apple <input type="checkbox"/> Homemade frozen fruit-juice bars made with 100% fruit juice <input type="checkbox"/> Homemade vegetable soups: tomato, carrot, butternut squash <p><i>Prepare with little or no added fat, sugar or salt: steam, stir-fry, bake or grill.</i></p> <p><i>Serve one green and one orange vegetable each day.</i></p> <p><i>Offer vegetables and fruits more often than 100% juice.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Unsweetened whole-grain cereals (such as oatmeal) with 4 grams or more of fibre per serving <input type="checkbox"/> Whole-grain or whole-wheat: bread, bannock, tortillas, bagels, pitas, buns, crackers, English muffins, pancakes <input type="checkbox"/> Homemade muffins made with whole grains (oats) <input type="checkbox"/> Whole-wheat noodles, pasta, brown rice, couscous <input type="checkbox"/> Wild rice, bulgur, millet, barley <input type="checkbox"/> Whole-wheat roti, chapati, naan <input type="checkbox"/> Chinese steamed buns <input type="checkbox"/> White bread, white rice, enriched pasta (refined grains can be important sources of folate) <p><i>Make half of the grain product choices whole grains each day.</i></p> <p><i>When adding sauces and spreads, use small amounts.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Powdered milk <input type="checkbox"/> Milk: skim, 1%, 2% <input type="checkbox"/> Chocolate milk <input type="checkbox"/> Fortified soy beverage <input type="checkbox"/> Canned milk (evaporated) <input type="checkbox"/> Soups made with milk <input type="checkbox"/> Yogurt <input type="checkbox"/> Smoothies made with milk/yogurt <input type="checkbox"/> Kefir (yogurt drink) <input type="checkbox"/> Hard cheeses <p><i>Serve 2 cups (500 mL) of milk or fortified soy beverage each day.</i></p> <p><i>Compare labels to choose lower-fat cheese and yogurt.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Eggs: regular, omega-3 <input type="checkbox"/> Tofu <input type="checkbox"/> Beans, peas, lentils <input type="checkbox"/> Hummus <input type="checkbox"/> Peanut butter, nut butters <input type="checkbox"/> Nuts, seeds (plain, unsalted) <input type="checkbox"/> Fish*, seafood <input type="checkbox"/> Canned light tuna, sardines, salmon (in water)* <input type="checkbox"/> Frozen fish: smelt, tilapia, salmon, haddock, Boston bluefish, ocean perch* <input type="checkbox"/> Chicken, turkey <input type="checkbox"/> Lean beef/pork: stew meat, shoulder pork, chuck/blade, brisket point, cross rib, sirloin tip, outside round or bottom, inside round <input type="checkbox"/> Lean or extra-lean ground meat, or regular ground meat that is well cooked and rinsed of excess fat <p><i>Serve meat alternatives often.</i></p> <p><i>Trim fat from meats and skin from poultry. Cook with little or no added fat: roast, grill or bake.</i></p>

*Call EatRight Ontario at 1-877-510-510-2 to learn about choosing low-mercury fish.

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