

# FOOD CATEGORIES

## VEGETABLES

Vegetables are rich in vitamins, minerals, fibre, antioxidants and other health promoting plant nutrients. Examples are:

- Asparagus
- Artichoke
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Eggplant
- Green beans
- Kohlrabi
- Leafy greens (such as arugula, kale, lettuce, spinach, Swiss chard)
- Leek
- Mushrooms
- Onion
- Parsnip
- Peas
- Radish
- Snap peas
- Snow peas
- Squash
- Sweet/bell peppers
- Tomato
- Turnip
- Zucchini

## CARBOHYDRATE-RICH FOODS

Carbohydrate is a type of macronutrient. It is a key source of energy for our body's cells and the brain. Carbohydrates include starches, sugars, and fibres. Examples of carbohydrate-rich foods (by category) are:

### Grains & Starches

- Bagel
- Barley
- Bread
- Bulgur
- Cold cereal
- Hot cereal/oatmeal
- Corn
- Cornmeal
- Couscous
- Crackers
- Crumpet
- English muffin
- Millet
- Pasta
- Popcorn
- Potato
- Quinoa
- Rice
- Sweet potato
- Tortilla/pita/chapti/roti

### Fruit

- Apple
- Apricot
- Banana
- Blueberries
- Blackberries
- Cantaloupe
- Cherries
- Dragon fruit
- Grapes
- Guava
- Honeydew
- Kiwi
- Mango
- Orange
- Passionfruit
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Watermelon

### Milk & Alternatives

- Alternative milks (e.g. almond, rice, coconut)
- Chocolate milk (<2% M.F.)
- Milk (<2% M.F.)
- Powdered milk
- Regular yogurt
- Soy beverage

## PROTEIN-RICH FOODS

Protein is a type of macronutrient. It provides energy and is important to the structure and function of many of our body's cells and tissues. It also helps to keep us feeling satisfied after a meal. Examples of protein-rich foods are:

- Cheese (<20% M.F.)
- Cottage cheese (<2% M.F.)
- Eggs
- Fish
- Hummus
- Legumes (e.g. beans, lentils)
- Meat (lean)
- Nuts and seeds
- Nut butters
- Poultry
- Skyr/Greek yogurt
- Tempeh
- Tofu

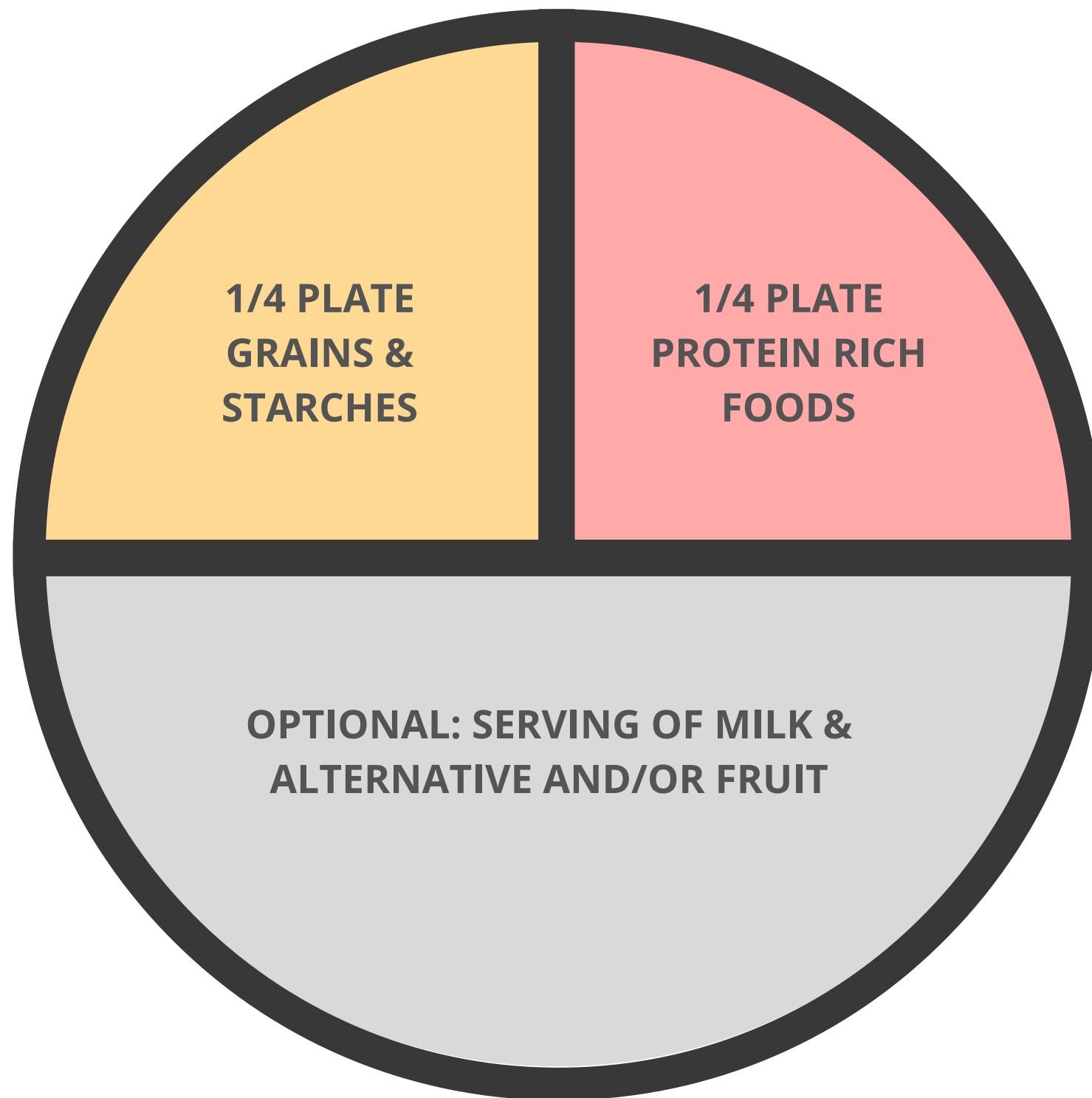
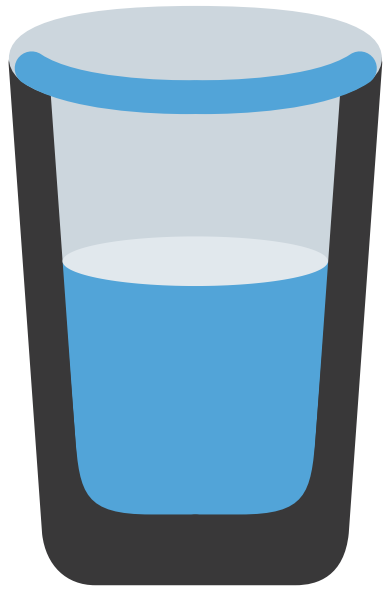
## FAT-RICH FOODS

Fat is a type of macronutrient. It is a dense source of energy and thus should be used in moderation. We need some fat in our diet for absorption of fat-soluble nutrients, insulation, and brain and heart health. Examples of fat-rich foods are:

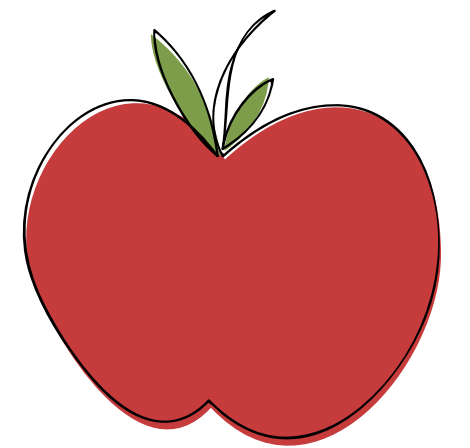
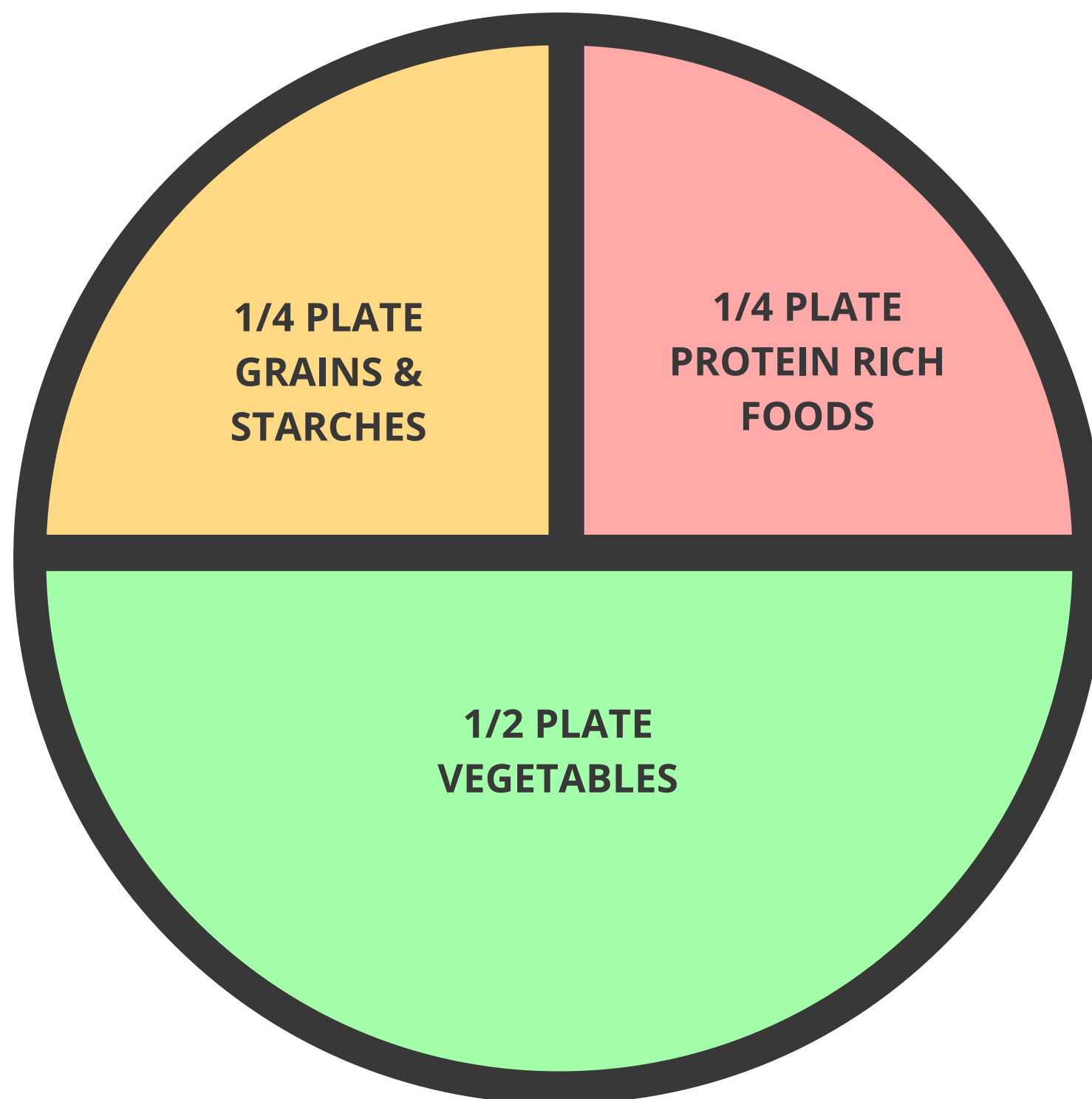
- Avocado
- Butter
- Bacon
- Mayonnaise (light)
- Non-hydrogenated margarine
- Oil (e.g. olive, canola)
- Salad dressing

# BALANCED MEAL PLANNING

## BREAKFAST



## LUNCH & DINNER



OPTIONAL:  
SERVING OF MILK &  
ALTERNATIVES  
OR FRUIT

## SNACKS



+



+



+



+

