

**Notes:**

The Regular diet allows all foods while following the Eating Well with Canada's Food Guide recommendations, which include limiting foods with high salt, sugar, and harmful fats and including several plant based foods (fruits, vegetables, legumes), whole grains, and lean proteins.

Item	Foods Allowed	Foods Not Allowed
Vegetables	• All	• None
Fruits	• All	• None
Salads	• All	• None
Grain Products	• All	• None
Milk & Alternatives	• All	• None
Meat & Alternatives	• All	• None
Soups	• All	• None
Oils & Fats (Limit 2-3 Tbsp per day)	• All	• None
Desserts & Sweets	• All	• None
Fluids	• All	• None
Miscellaneous	• All	• None

**References:**

Health Canada – Eating Well with Canada's Food Guide 2007