

## FOOD CHOICE EXAMPLES

Grain Products	
<p>For nutrient dense grain products look for the following per serving:</p> <p>Fat: less than 8 gms            Fibre: more than 2 gms            Sodium: less than 480 mgs            Iron: more than 5%            Sugar: less than 12 gms</p>	<p>Whole grain bread, rolls, buns            Bagels, pita bread            Whole wheat English muffins            Bran or oatmeal muffins            Bannock (baked and made with non hydrogenated margarine)            Whole grain bread sticks            Graham crackers, rye crisp, high fibre crackers            Melba toast, rice cakes            Carrot, zucchini, pumpkin, apple or banana bread            Plain popcorn, pretzels  <b>Tips:</b> Use whole grain or enriched products. Be aware that some muffins can be as high in fat as many doughnuts. Added grains, bran, fruit or vegetables can improve the nutrient content of a low nutrient dense food.</p>
Vegetables & Fruit	
<p>For nutrient dense vegetables and fruit choose products with the following per serving:</p> <p>Fat: less than 5 gms            Sodium: less than 480 mgs</p>	<p>Fresh fruits and vegetables            Vegetables prepared without added fat            Baked potato wedges with low fat toppings            Vegetable soups            Fruit or vegetable salads            Canned fruit in water or its own juice            Dried fruit  <b>Tips:</b> Serve a variety of colors every week, think of a rainbow</p>
Milk Products	
<p>For nutrient dense dairy products choose items with the following per serving:</p> <p>Sugar: less than 20 gms            Sodium: less than 480 mgs            Calcium: more than 15-25% of the daily intake            Fat:</p> <ul style="list-style-type: none"> <li>• 2% milk fat or less for milk, milk-based beverages and yogurt</li> <li>• 20% milk fat or less for cheese</li> </ul>	<p>1% or skim milk            1% chocolate milk            Lower fat yogurt            Lower fat cheeses            Milk-based soups made with lower fat milk  <b>Tips:</b> Children need higher fat dairy products to aid in growth and development</p>

<b>Meat &amp; Alternatives</b>	
<p>For nutrient dense meat and alternatives, choose the following per serving:</p> <p>Fat: lean or extra lean choices Sodium: less than 480 mgs</p>	<p>Chicken, turkey, fish cooked without added fat Lean meat (beef, ham, pork, lamb) Canned tuna or salmon packed in water Eggs Cooked legumes, tofu Split pea, bean or lentil soup, bean salad, vegetarian chilli, hummus dip Nuts and seeds <b>Tips:</b> Combine plant-based proteins with a grain to ensure all building blocks of protein are including in a meal or snack</p>
<b>Combination Foods</b>	
	<p>Sandwiches/Submarines/Pizza Buns/Hamburgers (using whole grain breads, low fat cheese and lean meats) Salad with lean meat and dressings Rice or pasta salad made with dressings Vegetable pizza (without extra cheese) Stews, soups Whole wheat spaghetti and tomato sauce Soft tacos <b>Tips:</b> Serve salad with dressing on the side. Load sandwiches with vegetables while moderating the use of mayonnaise, or salad dressing. Choose whole grain breads.</p>
<b>Sweets</b>	
	<p>Angel food cake Fruit bars (fig, apple, raspberry) Gingersnaps, graham crackers Low fat cookies (oatmeal raisin) Cereal bars Granola bars (not dipped) Vanilla wafers Ice milk, lower fat frozen yogurt Pudding made with lower fat milk Trail mix</p>
<b>Beverages</b>	
	<p>Water 100% pure fruit juices Tomato or vegetables juices Hot chocolate made with low fat milk 1% or skim milk <b>Tips:</b> Choose water with meals to help regulate digestive system.</p>

Sauces, Toppings, Garnishes, Dips	
	Dressings, spreads, mayonnaise Mustard, horseradish, ketchup Lemon juice or flavoured vinegars for dressings Salsa, chopped tomatoes, green peppers, onions Bean dip, hummus dip Light or no-fat sour cream, low fat yogurt Commercial topping mixes made with skim milk powder, "light" pre-made whipped toppings <b>Tips:</b> Serve toppings and sauces on the side