



## FOOD CHOICES FOR BALANCED MEALS

Balanced meals include a variety of nutrient dense and low nutrient dense food and beverage choices. Including a higher percentage (75%-80%) of nutrient dense food will provide your body with essential vitamins and minerals for daily functions. Choosing a variety of food colors throughout the week will support immune function, cognitive development, concentration, and energy for enjoyable movement. Low nutrient dense foods provide pleasure and satisfaction and supports social, mental, emotional health and well-being.

Nutrient Dense Food and Beverage Choices	Low Nutrient Dense Food and Beverage Choices
<b>Beverages</b>	
Bottled water (plain spring water or flavoured carbonated water with no added sugar) Coffee Tea Milk	Pop or fruit flavoured drinks 100% fruit juices Vegetable Juices Whole milk Chocolate Milk 1%
<b>Breakfast Meals</b>	
Fresh fruit, dried fruits Yogurt Small bagels – 3 ½ inches or smaller Small or mini muffins – 2 ½ inches or smaller Granola bars (non-dipped) Toppings of non-hydrogenated margarine, low-fat cream cheese, unsweetened jam Unsweetened cereals Baked whole grain bannock made with non-hydrogenated margarine or vegetable oil (no trans fats) Whole grain waffles and French Toast Lean ham or Canadian back bacon, vegetarian sausages or bacon substitutes like chicken bacon	Sweetened canned fruits Fruit juices Large bagels Large muffins Butter, cream cheese, regular jam, jelly, honey Sweetened cereals Fried or deep-fried bannock made with white flour and shortening or lard Waffles or French Toast made from white bread Regular bacon, sausages Croissants, doughnuts, sweet rolls, pastries
<b>Lunches or Dinners</b>	
Salads with dressings on the side Variety salad dressings Soups made with broth, vegetable puree or milk Pasta salads with dressing Sandwiches on whole grain breads Lean meats (including wild meats), poultry, fish, tofu (3 g fat/oz)	Salads with added dressings Soup made with cream or half and half milk Sandwiches on croissants or white bread High fat and fried meats, bacon, poultry with skin, cold cuts, oil packed fish Baked potatoes with, butter and bacon bits Cooked vegetables in cream sauce or butter Croissants, fried bannock or white rolls

Nutrient Dense Food and Beverage Choices	Low Nutrient Dense Food and Beverage Choices
<p>Baked potatoes with low-fat or vegetable toppings or sour cream            Steamed vegetables            Whole grain breads, bannock or rolls            Non hydrogenated margarine (no trans fats)            Lower fat and lower added sugar desserts: fresh fruit, low-fat ice cream, sorbet, angel food cake with fruit toppings</p>	<p>Butter, gravy, cream sauces            Higher fat and added sugar desserts: ice cream, cheese cake, pies, cream puffs, large slices of cake</p>
<b>Receptions</b>	
<p>Fresh vegetables, cut up and served with low-fat dressings, salsa dip            Cut up fresh fruit            Grilled or boiled chicken brochettes without skin            Miniature meatballs made with lean meat</p> <p>Broiled or poached seafood: shrimp, salmon, scallops, oysters, clams            Mushroom caps with low-fat cheese stuffing</p> <p>Miniature pizzas made with English Muffins, tomato sauce, mozzarella cheese, and vegetables            Vegetable spring rolls – fresh not fried            Small cubes of low-fat cheese            Whole grain crackers (2 g fibre or more/serving)            Popcorn (2 g fibre or more/serving)            Baked or low-fat chips, pretzels            Dips made of salsa, cottage cheese, hummus, or salad dressings            Small slices of cake (2 inch square)</p>	<p>Tempura or deep fat fried vegetables</p> <p>Fruit tarts, pie, cobbler            Fried chicken, chicken with skin            Large meatballs made of high-fat meat, meatballs served in gravy or high fat sauce            Deep fat-fried seafood, seafood in high-fat sauces</p> <p>Mushrooms with high-fat cheese stuffing or mushrooms marinated in oil            Pizza with pepperoni, Italian sausage or other high-fat meats</p> <p>Egg rolls            Processed cheese slices            Regular chips            Dips from regular mayonnaise, sour cream, cream cheese or cheese sauce            Large slices of cake</p>
<b>Snacks</b>	
<p>Cut up fresh fruits and/or vegetables            Whole grain crackers (2 g fibre or more/serving)            Popcorn (2 g fibre or more/serving)            Baked or low-fat chips, pretzels            Small slices of cake (2 inch square)</p>	<p>Chips or cookies            Regular chips            Large slices of cake</p>