

WHAT TO EAT? WHAT TO BUY?

FRUIT AND VEGETABLES

Choose:

- fresh, frozen or canned fruit and vegetables
- seasonal fruit and vegetables
- frozen vegetables and fruit containing no sugar, seasonings, breading or rich sauces
- canned vegetables with little or no added sodium
- canned fruit with little or no added sugar



Tips:

- Drain and rinse canned vegetables to reduce salt and preservatives
- Opt for whole or sliced fruit over fruit juices



BREADS, CEREALS, CEREAL BARS, CRACKERS AND OTHER BAKED GOODS

Choose:

- whole grain foods (e.g. breads, flatbreads, cereals, oats, barley, quinoa, wild or whole grain rice, whole grain pasta, etc.)
- foods high in fibre
- foods with little or no added salt, sugar or saturated fat



Tips:

- Choose foods whose list of ingredients have the words “whole grain” followed by the name of the grain (e.g. whole grain wheat, whole grain oats)
- “Whole wheat” or “multigrain” foods are not always made from whole grains, but their fibre content makes them a healthier choice compared to refined grain foods
- Beware of fake health logos!



MEAT, POULTRY AND GAME

Choose:

- lean cuts of beef, veal, pork, chicken and game
- fresh or frozen meat and poultry without rich sauce
- meat prepared with little or no added sodium or saturated fat (e.g. seasonings, marinades, rich sauces, etc.)



Tips:

- Opt for the following cuts: sirloin steak or roast, inside and outside round roast, pork loin, chicken breast, ground poultry, game
- Keep in mind that even if processed meats are labelled “natural” they contain preservatives that increase the sodium content



FISH AND SEAFOOD



Choose:

- canned fish with little or no added sodium
- fresh or frozen fish or seafood that has not been fried, breaded or battered

Tips:

- Opt for oily fish (e.g. trout, herring, salmon, mackerel)
- Be careful with seasoned canned fish, as it contains more sodium
- Imitation seafood products can be used as a back-up, but it's important to keep in mind that they contain preservatives

EGGS



Choose:

- fresh eggs with intact shells

Tips:

- Pasteurized liquid eggs (whites or whole eggs) are good alternatives for use in recipes and they freeze well

MILK AND DAIRY PRODUCTS



Choose:

- cheese
- milk
- yogurt

NOTE: Unless you have health issues that require you to keep an eye on fat content, low-fat products are not recommended.



Tips:

- Buy brick cheese and cut or grate it yourself
- Create nutritious snacks or desserts with cottage or ricotta cheese
- Maximize your protein intake by choosing Greek yogurt
- Mix plain Greek yogurt with flavoured yogurt to boost the protein content and limit the amount of added sugar
- Add berries, jam or maple syrup to plain yogurt for a natural sweet touch
- Drinkable yogurt has a higher sugar content than traditional flavoured yogurts. Dilute flavoured yogurt with milk to make homemade drinkable yogurt

SOY PRODUCTS AND FORTIFIED SOY BEVERAGES



Choose:

- low-sodium soy products
- fortified soy beverages with no added sugar

Tips:

- Opt for extra-firm tofu over soft tofu for optimal protein content
- Increase fibre content by choosing tempeh instead of tofu

LEGUMES AND PULSES

Choose:

- legumes that you soak and cook at home
- low-sodium canned legumes

Tips:

- Rinse and drain canned legumes to reduce salt and preservatives



NUTS AND SEEDS

Choose:

- natural nuts and seeds
- 100% natural peanut butter or other nut butters, or a product with little or no added salt, sugar or saturated fat

Tips:

- Store 100% natural nut butters in the refrigerator



OILS AND FATS

Choose:

- soft (non-hydrogenated) oils and margarines
- extra-virgin oils
- avocados
- mayonnaises low in sodium and saturated fat

Limit your consumption of:

- vegetable and tropical oils (e.g. palm, coconut)
- hard (hydrogenated) margarines
- butter
- cream
- ice cream
- lard, shortening
- canned coconut milk or coconut cream



Tips:

- Make yogurt-based sauces, dressings or dips
- Make your own vinaigrette
- Beware of products that claim to be “low-calorie” where fat is replaced by sugar or sodium
- The terms “light” and “extra light” refer to the taste, not the oil’s calorie content
- Remember that olive oil margarines contain only 10% olive oil



HIGHLY PROCESSED FOODS

Choose:

- foods that contain little or no added sodium, sugars or saturated fats

Limit your consumption of:

- baked goods (e.g. cookies, muffins, cakes, etc.)
- sweetened breakfast cereals and cereal bars
- processed meats (e.g. sausages, cold cuts)
- packaged ready-to-heat or ready-to-serve dishes
- seasoned foods
- ready-to-eat soups
- prepared sauces
- fried foods
- sweetened beverages
- chocolates and sweets
- ice cream and frozen desserts



Tips:

To limit your consumption of processed foods, try:

- eating them less often and in smaller quantities
- replacing them with healthier choices
- preparing homemade items and getting the kids involved



BEVERAGES

Limit your consumption of:

- Beverages that contain too much sodium, sugar or added fat, such as vegetable juices, sweetened drinks, chocolate drinks or flavoured coffees, and alcoholic beverages
- Limit caffeinated beverages such as tea, coffee, colas and energy drinks

Tips:

- Make water your drink of choice

