

# Healthy Food Choices

## Vegetables and Fruit

Choose brightly coloured fruits and vegetables every day. Frozen or canned unsweetened fruits and vegetables are a perfect alternative to fresh produce. Bagged salads and prepared vegetables platters are expensive but healthy options. Your goal is to fill half your plate with vegetables and choose fruit for snacks.

## Protein rich foods

Eat protein rich foods every day. Choose from a variety of foods such as fish, beans and lentils, tofu, dairy products, eggs and lean meat. Try to eat at least two servings of fish each week, and find recipes with beans, lentils and tofu for variety in your diet. Choose lower fat, unsweetened dairy products such as 1% unsweetened milk or unflavoured yogurt.

## Whole grains

Pick whole grains at least half of the time. Try wild rice, quinoa or hulled barley instead of white rice or refined pasta. Choose whole grain bread instead of white.

**Avoid** highly processed foods like hot dogs, chips, cookies, frozen pizzas and dishes, deli meats. They are missing important nutrients and have sugar and salt added.

**Stop** sugary drinks like fruit drinks, 100% fruit juice, soft drinks and flavored coffees and energy drinks. They have lots of sugar and calories and instead drink water.

