### SHOPPING LIST

<table>
<thead>
<tr>
<th>Day of the Week</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
</table>

#### BREAKFAST
- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives

#### LUNCH
- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives

#### DINNER
- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives

#### SNACKS

### FAMILY TASK LIST

<table>
<thead>
<tr>
<th>Task</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set/clear the table</td>
<td></td>
</tr>
<tr>
<td>Wash dishes</td>
<td></td>
</tr>
<tr>
<td>Chop vegetables</td>
<td></td>
</tr>
<tr>
<td>Cook dinner</td>
<td></td>
</tr>
<tr>
<td>Put away leftovers</td>
<td></td>
</tr>
<tr>
<td>Pack lunch</td>
<td></td>
</tr>
</tbody>
</table>

### CHECK YOUR PLAN!

For better health, aim for:
- Meals with foods from each food group
- Snacks with foods from two food groups
- Plenty of vegetables, fruit and whole grains
- Two glasses of milk for each family member per day
- Fish dishes twice weekly
- Bean and lentil dishes often

### For Breakfast
- Vegetables and fruit
- Grain products
- Milk and alternatives
- Meat and alternatives

### For Lunch
- Vegetables and fruit
- Grain products
- Milk and alternatives
- Meat and alternatives

### For Dinner
- Vegetables and fruit
- Grain products
- Milk and alternatives
- Meat and alternatives

### For Snacks
USING YOUR PLANNER

• Use this guide to plan ahead for healthier family meals and snacks.
• It’s flexible! Use it for one meal, one day or more. Choose alternate menu plans when family activities change.
• See the example below for different ways to complete your planner; use check marks to see how many food groups are covered or fill out all ingredients to help you plan your shopping list. Adapt this to meet your personal planning style.
• Double check that your plan is healthy by using the checklist on the front.
• Make your grocery list based on your plan, then put your plan into action!

<table>
<thead>
<tr>
<th>Example: Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables and Fruit</strong></td>
</tr>
<tr>
<td>Cereal &amp; milk with juice</td>
</tr>
<tr>
<td><strong>Drum Products</strong></td>
</tr>
<tr>
<td>✔</td>
</tr>
<tr>
<td><strong>Grain Products</strong></td>
</tr>
<tr>
<td>✔</td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
</tr>
<tr>
<td>Hummus &amp; veggies with water</td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
</tr>
<tr>
<td>Yogurt &amp; apple</td>
</tr>
</tbody>
</table>

**Family meals make healthier life-long eaters. eat together often.**

**Vegetables and Fruit**

- asparagus
- bamboo shoots, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, chayote, Chinese long beans, corn, cucumber, endive, fennel, fiddleheads, green & yellow beans, kale, kohlrabi, leeks, mushrooms, mustard greens, okra, peppers, potatoes, pumpkin, radishes, snow peas, spinach, squash, sweet potato, tomatoes, tomato sauce, tossed salad, turnips, yams, zucchini, vegetable juice blends
- Fruit: apples, apricots, avocados, bananas, berries, cherries, dried fruit, figs, grapefruit, grapes, guava, kivi, litchi, lychee, mangoes, melons, oranges, papayas, peaches, pears, pineapple, plums, pomegranates, rhubarb, watermelon. 100% fruit juices
- Vegetables and fruit can be fresh, frozen or canned.

**Milk and Alternatives**

- milk: buttermilk, evaporated milk, hot chocolate (made with milk), latte, milk* (plain or flavoured), milk & fruit smoothies, powdered milk (reconstituted)

**Grain Products**

- Bread: bagels, barnack, buns, challah, chapatti, English muffins, flat bread, focaccia, homemade whole-grain muffins, naan, pita, pitas, roti, tortillas, whole-grain breads (whole wheat, bran, multi-grain, pumpernickel)

**Meat and Alternatives**

- Chicken, duck, turkey
- Meats: beef, goat, lamb, organ meats, pork, venison

**Seafood:**

- Salmon, sardines, snapper, sole, trout, tuna

**Meat and Alternatives**

- Fish: halibut, herring, salmon, sardines, snapper, sole, trout, tuna
- Meats: beef, goat, lamb, organ meats, pork, venison

**Seafood:**

- Calamari (squid), crab, scallops, shrimp
- Other: cooked beans and legumes, dal, garlic, falafel, hummus, nuts & seeds, peanut and other nut butters, tempeh, tofu and other soy products

**Limit choices that are nutrient poor and/or higher in calories, fat, sugar or salt, including pop, fruit-flavoured drinks, alcohol, soft drinks, pastries, chips, land, shortening, butter, margarine, coconut milk, and gravy.**

For more healthy eating, meal planning and recipe ideas visit:

www.dietitians.ca

www.healthcanada.gc.ca/foodguide

**To track your food choices, order:**

“The Plate Mate” at www.dairygoodness.ca and click on “Request for Material”

Better Beverages

Research suggests that poor beverage choices are getting in the way of good eating habits. Here are some tips:

1. Enjoy milk with most meals to get the recommended two glasses of milk a day.
2. Drink water between meals. Choose vegetable juice blends that are low in sodium and fruit juices that are 100% pure juice.
3. For more nutrition, serve children chocolate milk instead of pop.
4. Add a splash of citrus to flavour plain water.
5. Choose lattes (half coffee, half milk) instead of milk for coffee for more nutrition.
6. For fewer calories, mix flavoured sweetened beverages and juices with sparkling water.

Grain Products

- Bread: bagels, barnack, buns, challah, chapatti, English muffins, flat bread, focaccia, homemade whole-grain muffins, naan, pita, pitas, roti, tortillas, whole-grain breads (whole wheat, bran, multi-grain, pumpernickel)
- Pasta: couscous, whole-grain fettuccini, linguini, macaroni, noodles, orzo, penne, rotini, tortellini
- Grains and Other Grain Products:
  - bulgur, barley, cereal (hot or cold), crackers, kasha, muesli, oatmeal, pancakes, polenta, popcorn, porridge, quinoa, rice (sticky, brown, white, wild and jasmine), rice cakes,
  - Tortilla, banana and peanut butter wrap
  - Fresh fruit
  - Cereal with milk
  - Hard-boiled egg
  - Fruit and milk smoothie
  - Trail mix (dry cereal, dried fruit and nuts)

Snacks in a Snap

Choose quick wholesome snacks like these:

- Plain popcorn
- Chocolate milk
- Small handful of unsalted nuts
- Yogurt topped with fresh fruit, nuts or granola
- Apple and cheese
- Small homemade muffin
- Hummus with veggie sticks
- Tortilla, banana and peanut butter wrap
- Fresh fruit
- Cereal with milk
- Hard-boiled egg
- Fruit and milk smoothie
- Trail mix (dry cereal, dried fruit and nuts)

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