

Food Choices – Choose Wisely!



Remember vegetables should be the main focus of the meal, taking up half of the plate. Then add a protein and a grain to balance the meal.

“Dry” Carbohydrates (“Wet” = fruit and vegetables)

Best Picks	Select Moderately	Select Least Often
Beans	Corn bread	Brown sugar
Barley	Corn Tortillas	Confectioners’ sugar
Brown or Wild Rice	Couscous	Corn syrup
Bulgur (cracked wheat)	Crackers	Dextrose
Quinoa	Flour Tortillas	Glucose
Kashi Go-Lean	Grits	High-fructose corn syrup
All-Bran	Macaroni	Honey
Fibre First	Most ready-to-eat cereals	Maltodextrin
Oat Bran	Noodles	Malt syrup
Oatmeal	Pitas	Molasses
Whole-grain bread	Pretzels	Raw sugar
Whole-grain cornmeal	Spaghetti	
Whole rye	White Bread	
Whole Grain Crackers	White Rice	
Whole Wheat Pasta	White sandwich buns and rolls	
Whole Wheat Tortillas		

Fruits provide carbohydrate and they are great sources of fibre.

Protein

Best Picks	Select Moderately	Select Least Often
Beans	Lean cuts of beef/pork	Bacon
Chicken Breast (no skin)	Low fat luncheon meats	Chicken (with skin)
Crab	Mixed nuts	Chicken wings
Egg Whites	Peanut butter	Fatty, beef, lamb, pork
Halibut	Reduced-fat and part skim cheese	Fatty lunch meats
Low-fat/fat-free cottage cheese	Shrimp	Fried chicken or fish
Low-fat/fat-free milk	Texturized vegetable protein	Liver
Low-fat/fat-free yogurt	Turkey Bacon	Ribs
Salmon	Whole Eggs	Sausage
Snapper (red or blue)		Turkey (with skin)
Soy milk		Whole milk
Tilapia		Whole-milk cheese
Tofu		
Turkey breast (no skin)		

Fat

Best Picks	Select Moderately	Select Least Often
Avocado	Egg yolks	Animal fat
Fish oil	Margarine (without trans fats)	Butter
Flax oil	Vegetable oil	Coconut oil
Mixed nuts		Cream
Olive oil		Fried foods
Olives		Ice cream
Soybean oil		Lard/Shortening
Sunflower oil		Sour cream
Walnut oil		Whole-fat dairy products

