

# TIME FOR CHANGE

## REAL PLATES FOR REAL LIFE

### THE NEW CANADA FOOD GUIDE: EAT WELL PLATE

Make water your drink of choice.



Eat plenty of fruits and vegetables.



Eat protein foods. Choose plant-based protein most often.

Choose whole grain foods.

**Healthy eating doesn't have to be complicated.** Not all of your meals have to look like this. Use the Eat Well Plate as a tool to create healthy meals and snacks. Find more information on the Canada Food Guide here: <https://food-guide.canada.ca/en/>

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>• Whole wheat toast, almond butter, and shredded apple</li> <li>• Blueberries and bananas with Greek yogurt, oats, and hemp seeds</li> <li>• Omelette with green peppers, spinach, mushrooms, and feta cheese</li> <li>• Half of a whole grain bagel and a strawberry smoothie with almond milk &amp; plant-based protein powder</li> </ul>	<ul style="list-style-type: none"> <li>• Green salad with vegetables topped with salmon and quinoa</li> <li>• Homemade soup: vegetable, chicken noodle, minestrone</li> <li>• Grilled vegetable sandwich with hummus on whole grain bread</li> <li>• Raw carrots and snap peas, guacamole and a handful of almonds</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable stir-fry with tofu served on whole grain rice</li> <li>• Whole grain pasta with lentil-based sauce and spinach, peppers, and mushrooms</li> <li>• Vegetable salad with falafel</li> <li>• Blackened fish with wild rice, roasted broccoli, and sweet potato</li> <li>• Chili with mixed beans, peppers, corn, and quinoa</li> </ul>



#### FAMILY-FRIENDLY LENTIL SPAGHETTI

##### Ingredients

- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup uncooked red lentils
- 1 cup mushrooms
- 2 cups vegetable broth
- 1 can tomato paste
- 3/4 cup water
- 1 tbsp chopped fresh parsley (or 1 tsp dried)
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1 pinch cayenne (optional)

##### Directions

1. In a large saucepan, cook onion, mushrooms, and garlic in oil until tender.
2. Add lentils and broth.
3. Cover and cook on low heat until lentils are tender (20-35 minutes).
4. Add tomato paste, 3/4 cup water and all seasonings.
5. Cover and cook until lentils are soft and mushy (about 10-15 minutes).
6. Serve over cooked whole grain spaghetti with a side of fresh greens or steamed vegetables.

Nutrition info per 189g serving: Cal 161 | Fat 3g | Chol 0mg | Sod 408mg | Carb 26g | Fiber 4.9g | Sugars 4g | Pro 9.4g

Sources: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/#section-2>  
<https://www.food.com/recipe/lentil-spaghetti-sauce-56624>