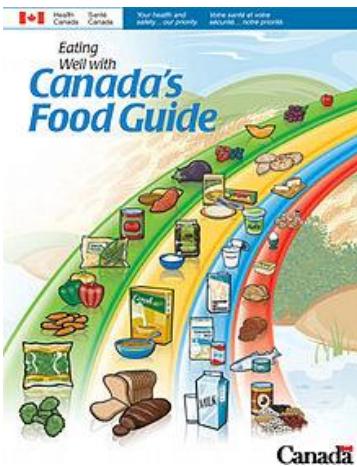


# Healthy Weight Management – *Meal & Snack Planning Basics*

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This meal and snack planning booklet can be used in combination with **Canada's Food Guide to Healthy Eating** to help you follow a balanced diet for healthy weight management.



Take a moment to look through **Canada's Food Guide to Healthy Eating**. Canada's Food Guide can help you with your diet planning. This food guide shows you how many servings you need from the different food groups every day to meet your nutrition requirements. You will notice that how many servings you need varies depending on your gender and your age.

**For more information on Canada's Food Guide or if you do not have a copy, you can visit:**

[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

## ***Portioning Food at Meals and Snacks***

Knowing how to portion food at your meals and snacks is an important step to achieving and maintaining a healthy weight. You can use the guidelines in this booklet to help control your food portions at meals and snacks while meeting your daily food serving requirements from Canada's Food Guide.

# Breakfast

It is recommended that you try and eat a breakfast every day. Eating a breakfast helps give you energy in the mornings, and also regulates your appetite and metabolism which can help with healthy weight management. Try to include 3 or 4 of the 4 food groups from Canada's Food Guide at your breakfast. The following are examples of how you can portion food at breakfast:

## Example 1



✓ 1 CFG serving\* of *Fruit*



✓ 1 CFG serving of *Grain products*



✓ 1 CFG serving of *Milk and Alternatives*

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## Example 2



✓ 1 CFG serving of *Fruit*



✓ 1 CFG serving of *Grain products*



✓ 1 CFG serving of *Meat and Alternatives*

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## Example 3



✓ 1 CFG serving of *Fruit*



✓ 1 CFG serving of *Grain products*



✓ 1/2 CFG serving of *Milk and Alternatives*



✓ 1/2 CFG serving of *Meat and Alternatives*

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\*CFG serving – refer to Canada's Food Guide (CFG) for serving sizes

A balanced breakfast using these portion guidelines could look like:

- 1 medium bowl of cereal with 1/2 cup of 1% milk
- 1/2 cup of berries (e.g. blueberries, raspberries, strawberries)
- 1 hard boiled egg

or

- 1 slice of whole wheat toast with 1 tbsp of peanut butter (or another nut/seed butter)
- 1 medium-sized fruit (e.g. apple, peach, pear, banana)
- 1 small container of low-fat yogurt

## *A Balanced Breakfast*

*Fruit*

*(1 CFG serving)*

*Grain Products*

*(1 CFG serving)*

*Milk/Alternatives*

*(1/2 CFG serving)*

*Meat/Alternatives*

*(1/2 CFG serving)*




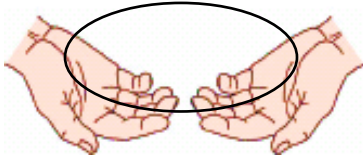





**Example 1.** *Bowl of cereal with milk, fruit and an egg*



**Example 2.** *Slice of toast with peanut butter, fruit, small container of yogurt*

# Lunch and Supper

For lunch and supper you can “use your hands” as a portion tool for some of the food groups to help you balance your meals. See the portion guidelines below to help you plan your lunch and supper.

Food Group	Portion Guidelines for Lunch and Supper
<p><i>Vegetables</i></p> 	<p>Use the amount you can hold in both your hands (or more)</p> 
<p><i>Grain Products/Starchy vegetables</i> (e.g. potato, sweet potato, corn)</p> 	<p>Use an amount up to 1/2 the size of your fist</p> 
<p><i>Meat</i></p>   <p><u>or</u></p>	<p><b>Red meat/poultry/fish/seafood:</b> Use an amount equal to the diameter of the palm of your hand and the thickness of your baby finger</p> 
<p><i>Alternatives</i></p> 	<p><b>Non-meat alternatives:</b> Use the amount of 1 serving size as listed in Canada’s Food Guide</p>

*Oils and Fats*

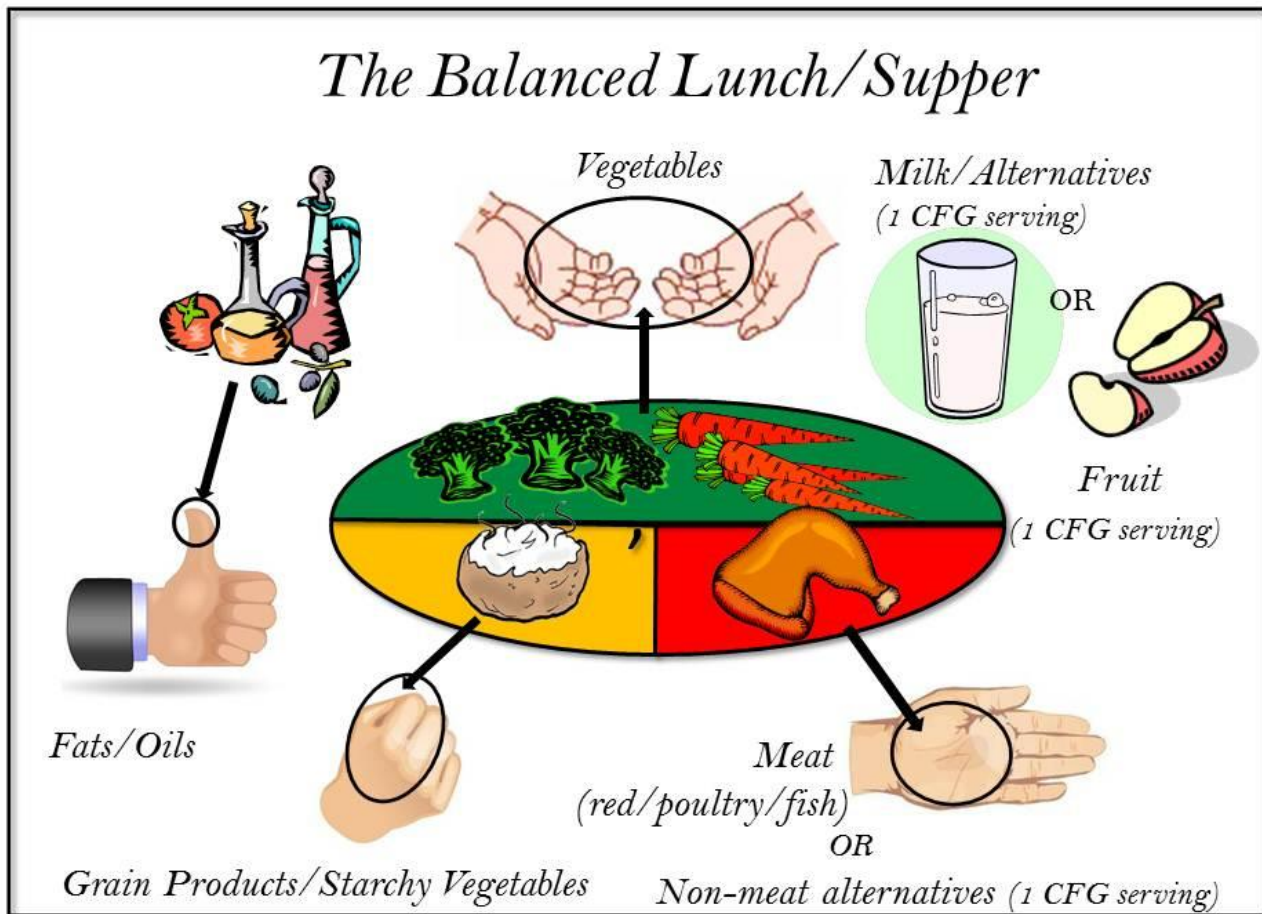
Use an amount up to the tip of your thumb



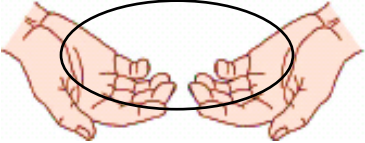



*Milk and Alternatives or Fruit*



Use the amount of 1 serving size as listed in Canada's Food Guide. Include either a Milk & Alternative serving or a Fruit serving with lunch and supper meals.



You may find it helpful to know the actual measurement of your hand portion sizes. The table below provides the typical measurements for both female and male hand portion sizes as well as some portioning tips.

Hand Portion Size	Typical Measurement	Tips
<p><i>Vegetables</i></p> 	<p><b>Females:</b> 1 1/2 cups (375ml)</p> <p><b>Males:</b> 2 cups (500ml)</p>	<p>Aim for the recommended hand portion size as a <i>minimum</i>. If you eat more, that is even better! There is no limit to the amount of vegetables you can eat.</p>
<p><i>Oils and Fats</i></p> 	<p><b>Females:</b> 1-2 teaspoons (5-10ml)</p> <p><b>Males:</b> 1-2 teaspoons (5-10ml)</p>	<p>If you choose a <b>lower calorie</b> oil/fat you may be able to use larger portions. For example, 2 tablespoons (30ml) of a low fat salad dressing can have the same amount of calories as 1 teaspoon (5ml) of vegetable oil.</p>
<p><i>Meat/Poultry/Fish/Seafood</i></p> 	<p><b>Females:</b> 2.5-3oz (75-90g)</p> <p><b>Males:</b> 3-4oz (90-120g)</p>	<p>Remember to use the thickness of your <i>baby finger</i> (and not the thickness of your palm). Another visual tool you can use is a deck of cards. A deck of cards is equal to 3oz (90g) of meat.</p>
<p><i>Grain Products/Starchy Vegetables</i></p> 	<p><b>Females:</b> 1/2 cup (125ml)</p> <p><b>Males:</b> 3/4 cup (185ml)</p>	<p>This is a food group that people often eat too much of. When you reach your goal weight you may be able to increase this portion size closer to a full fist. Keeping the portion size to a 1/2 fist is a good rule when you are trying to lose weight.</p>

**Tip:** by following the portion guidelines in this booklet you may consume fewer servings of grain products than recommended in Canada's Food Guide. This is fine when you are trying to lose weight and are less physically active.

## Snacks

Try to include 2-3 light snacks a day between your meals. Limit snacking late in the evening however, as this can lead to weight gain.

A good rule for light snacks is to choose 1 food serving or 2 half food servings from Canada's Food Guide for your snack.

The following are some examples of 'light' snacks (e.g. each snack contains only 100 calories):

- ✓ *1/2 cup of applesauce and 3 pieces of melba toast for dipping*
  - ✓ *1/2 cup strawberries, 1/2 cup low fat yogurt*
  - ✓ *1/2 cup fruit salad*
  - ✓ *1/2 cup low-fat cottage cheese with 1/4 cup pineapple chunks*
  - ✓ *2 tbsp hummus and vegetable sticks*
  - ✓ *6 soda crackers and 2 tsp of peanut butter or almond butter*
  - ✓ *low fat ricotta cheese thinly spread on whole wheat toast*
  - ✓ *1 small baked corn tortilla spread with 2 tbsp guacamole*
  - ✓ *celery stalk stuffed with 1 tbsp peanut butter or low fat ricotta cheese*
  - ✓ *1 rice cake topped with 1/4 cup low-fat cottage cheese. Sprinkle with cinnamon*
  - ✓ *3 cups air popped popcorn flavoured with margarine spray*
  - ✓ *12 cherry tomatoes mixed with 1/4 cup low-fat cottage cheese. Sprinkle with dill*
  - ✓ *1 hard boiled egg with 1 slice melba toast*
  - ✓ *15 roasted peanuts or almonds*
  - ✓ *mixed raw vegetables with 1-2 tbsp fat-free ranch dressing for dipping*
  - ✓ *1 packet of plain oatmeal (prepared with water)*
  - ✓ *1 cup of low-fat of milk*
  - ✓ *1/2 English muffin + 1/2 tbsp peanut butter*
  - ✓ *1 hard boiled egg + 1/2 small apple*
  - ✓ *2 ounces sliced turkey breast spread with 1 tbsp low-fat hummus*
  - ✓ *1 rice cake thinly spread with fat-free sour cream and sprinkled with 1 tbsp of crumbled blue cheese*
  - ✓ *30 grapes*
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# Choosing Lower Calorie Foods

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Using the portion guidelines in this booklet for meals and snacks can help you control your food intake for healthy weight management. The other important step is to choose **lower calorie** foods. You can use the food tables provided below to help you make lower calorie food choices. Try to limit higher calorie foods, as consuming a lot of these foods can make it difficult to lose weight. If higher calorie foods are used then the serving size should be reduced due to the extra calories they contain.



## *Grain Products and Starchy Vegetables*

### **Lower Calorie Choices**

(Choose whole grain versions where possible)

Bread, rolls, buns, pita, English muffin, soft tortilla shells, bagels

Un-sweetened cereals

Rice, pasta

Rice cakes, low-fat crackers

Corn, air popped popcorn

Potato, sweet potato

Whole grains (e.g. quinoa, buckwheat, millet)

### **Higher Calorie Choices**

Muffins, donuts, Danishes, sweet rolls, waffles, croissants, tea biscuits/scones, pancakes

Pre-sweetened cereals, granola-type cereals

Prepackaged rice and pasta mixes

High fat crackers, granola bars, cereal bars

Tortilla chips, corn chips, cheezies

Potato chips, French fries, hash browns

Cookies, cakes, pastries



## *Vegetables*

### **Lower Calorie Choices**

Fresh, frozen or canned vegetables

Vegetable soups (non cream-based)

### **Higher Calorie Choices**

Battered or deep fried vegetables

Vegetables with cream or cheese sauces





## *Fruit*

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### **Lower Calorie Choices**

Fresh or frozen fruit  
Drained canned fruit

### **Higher Calorie Choices**

Dried fruit  
Fruit juices  
Fruit bars, fruit roll-ups

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## *Meat & Alternatives*

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### **Lower Calorie Choices**

Fish, seafood  
Chicken, turkey  
Legumes or beans (e.g. lentils, soybeans, chick peas, navy beans, kidney beans, lima beans, etc.)  
Lean beef/red meat  
Tofu  
Eggs  
Peanut butter or other nut/seed butters  
Nuts and seeds

### **Higher Calorie Choices**

Fish or seafood canned in oil; deep fried, breaded or battered fish and seafood  
Deep fried chicken, chicken wings  
Canned beans with lard, pork and beans  
Higher fat red meats (e.g. bacon, sausages, lamb, pork or beef ribs, ground beef, luncheon meats, pepperoni, salami, bologna, mortadella)

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## *Milk & Alternatives*

### **Lower Choices**

Skim, 1% M.F. milk, almond milk, soy milk

Low fat yogurt (1% M.F. or less)

Low fat cheese, cottage cheese

Frozen yogurt

### **Higher Calorie Choices**

2% M.F. milk, whole milk (homogenized)

Higher fat yogurts

Regular or higher fat cheeses

Ice cream, milkshakes, puddings

Chocolate milk, eggnog



## *Oils & Fats*

### **Lower Calorie Choices**

Non-fat or low-fat sour cream

Low-fat cream cheese

Calorie-reduced margarine

Low-fat or calorie-reduced salad dressing

Calorie-reduced mayonnaise or Miracle Whip

### **Higher Calorie Choices**

Sour cream

Cream cheese, cheese sauces

Butter, margarine

Regular salad dressings

Regular mayonnaise or Miracle Whip

Lard, gravy

Shortening

**Vegetable oils\*** (eg. olive oil, canola oil, safflower oil, sunflower oil, flax oil)

Cream sauces, whipped cream, whole cream, half and half cream

\* **Vegetable oils** are higher in calories, but they are also healthy for you. They can be included regularly in your diet using the portion guidelines for Oils & Fats.

## ***Other Foods***

'Other Foods' are foods that don't belong to any food group, and generally have little nutritional value. The Other Foods that are important to limit in your diet are those that are higher in calories (see table below).

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### *Other Foods*

<b>Lower Calorie Choices</b>	<b>Higher Calorie Choices</b>
Coffee, tea, herbal tea, unsweetened ice tea	High sugar or high calorie beverages (e.g. soft drinks, fruit drinks, sweetened ice tea, specialty hot/cold coffee drinks, etc)
Diet pop	Chocolate bars
Mustard, relish, ketchup, salsa	Candy
Herbs, spices	High sugar condiments (e.g. table sugar, honey, syrup, jam, molasses)
Vinegar	High calorie desserts (e.g. pies, cakes, cheesecakes, pastries)

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# Sample Menu 1

## Breakfast

1 slice of whole wheat toast (1 CFG serving\*) with 1 tbsp of peanut butter (1/2 CFG serving)

1 medium apple or pear (1 CFG serving)

1/3-1/2 cup low-fat yogurt (1/2 CFG serving)

## Morning snack

1/2 cup of grapes (1 CFG serving)

## Lunch

Large garden salad  with sliced chicken or canned tuna  and low-fat dressing 

2 rice cakes  spread with 50g low-fat ricotta cheese (1 CFG serving)

## Afternoon snack

1/2 cup of applesauce (1/2 CFG serving)

3 pieces of melba toast (1/2 CFG serving) for dipping

## Dinner

Mixed vegetable  stir-fry made with 3/4 cup lentils (1 CFG serving), olive/canola oil 

and wild rice 

1 cup of 1% milk (1 CFG serving)

## Evening snack

1/4 cup (e.g. 15) roasted or raw almonds (1 CFG serving)

\*CFG serving – refer to Canada's Food Guide (CFG) for serving sizes

## Sample Menu 2

### Breakfast

1 medium bowl of cereal (1 CFG serving) with 1/2 cup of 1% milk (1/2 CFG serving)

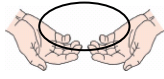


1/2 cup blueberries (1 CFG serving)

1 hard boiled egg (1/2 CFG serving)

### Morning snack

1/2 cup fruit salad (1 CFG serving)

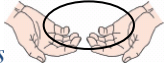



### Lunch

3/4 cup canned and drained chickpeas (1 CFG serving) mixed with fresh vegetables  and low-fat salad dressing  4-6 low-fat cracker  and 2/3 cup of low-fat yogurt (1 CFG serving)

### Afternoon snack

1 cup of 1% milk (1 CFG serving)

### Dinner

Baked mixed vegetables  in olive oil  and seasoning, with  
baked sweet/regular potato  and baked Tilapia fish   
1/2 cup mixed berries (1 CFG serving)

### Evening snack

Celery stalk (1/2 CFG serving) stuffed with 1 tbsp peanut butter (1/2 CFG serving)

***If you are having difficulty losing weight***

If you are following the guidelines provided and you are not losing weight, then there are a few questions to ask yourself:

1. Are your serving sizes consistent with the guidelines?
2. Are you choosing lower calories foods?
3. How often are you consuming higher calorie foods and beverages?
4. Are you following the guidelines every day or only some days?
5. Does your physical activity need to be increased?

Registered Dietitian: \_\_\_\_\_

905-378-4647 ext. \_\_\_\_\_

***Recommendations from your Dietitian***

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