







# MAKING BETTER FOOD CHOICES

The following recommendations for preventing cardiovascular disease and improving overall health and blood cholesterol are based on Eating Well with Canada's Food Guide.













## Meat and Alternatives


| Recommended  | Eat Occasionally<br>(maximum 3 times weekly)  | Limit   |
|--|---|---|
| <p><b>Fish (2 or more times per week)</b><br/>Fresh and frozen fish</p> <p>Oysters, scallops, clams, lobster, crab, shrimp, squid, etc.</p> <p>Low sodium/salt free canned fish or seafood in water</p> <p> Canned fish or seafood in water (salmon or tuna packed in water, sardines, mackerel, herring, oysters, mussels, shrimp, clams, crabmeat, etc.)</p> <p><b>Legumes</b><br/>Dried legumes: e.g. lentils, soybeans, chick peas, navy beans, kidney beans, lima beans</p> <p> Canned legumes, canned beans in tomato sauce, hummus</p> <p><b>Poultry (skinless)</b><br/>Chicken, turkey, Cornish hens<br/>Lean or extra lean ground chicken or turkey</p> <p><b>Game</b><br/>Venison, rabbit, moose, bison</p> <p><b>Other</b><br/>Egg substitutes, egg whites<br/>Omega-3 enriched liquid eggs</p> <p>Tofu (soy curd)</p> <p>Nuts &amp; Seeds: (unsalted)<br/>walnuts, almonds, peanuts, pecans, chestnuts, hazelnuts, pistachios, macadamias, cashews; pumpkin, sesame, sunflower &amp; their butters</p> | <p> Lightly battered frozen fish with no trans fat</p> <p> Canned fish in oil or smoked fish (salmon, tuna, sardines, oysters, mussels, herring, etc.)</p> <p>Dark poultry meat</p> <p><b>Lean Meat</b><br/>Beef – round, steak, rump roast, sirloin tip, lean stewing beef, extra lean or lean ground beef<br/>Veal – roast, round, rump, tenderloin<br/>Lamb – leg, loin, roast, shank<br/>Pork – tenderloin, loin chops</p> <p>Eggs<br/>Omega-3 eggs<br/>(maximum 3 yolks per week; egg whites unlimited)</p> <p> Nuts &amp; Seeds: (salted)<br/>walnuts, almonds, peanuts, pecans, chestnuts, hazelnuts, pistachios, macadamias, cashews; pumpkin, sesame, sunflower</p> | <p>Deep fried, breaded or battered fish and seafood</p> <p>Canned beans with pork or lard, canned split pea soup with lard</p> <p>Duck, goose</p> <p>Poultry skin</p> <p>Deep fried chicken, chicken wings</p> <p>Fatty marbled meats, prime cuts, e.g. T-bone</p> <p>Regular or medium ground beef/chicken/turkey or hamburger patties</p> <p>Organ meats (liver, kidney, heart, brains, gizzards, giblets)</p> <p>Mutton, ground lamb</p> <p>Side bacon, peameal bacon, ham, ham hocks, pig's feet, spare ribs, short ribs</p> <p>All pates, liverwurst, and processed meats such as cold cuts, wieners, sausages; canned meats, e.g. Spam™, canned corned beef, deviled ham</p> <p>Nuts &amp; Seeds:<br/>Coconut</p> |

 If you are at high risk for or have diabetes, have high triglycerides or low HDL cholesterol, reduce the quantity of these sweet foods.

 If you have high blood pressure, reduce the quantity of these salty foods.



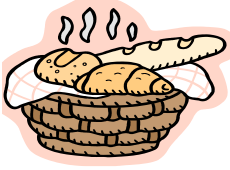


# Milk and Alternatives

| Recommended   | Eat Occasionally<br>(maximum 3 times weekly)   | Limit  |
|---|--|--|
| <b>Fluid Milk and Alternatives</b>  |  |  |
| Skim, 1% M.F. regular milk<br> Buttermilk (skim, 1% M.F.)<br>Evaporated skim milk<br>Fortified soy beverage  | 2% M.F. milk<br> Chocolate milk<br>2% M.F. evaporated and condensed milk<br> Flavoured fortified soy beverage                        | Whole milk (3.3% M.F.)   |
| <b>Yogurt</b>   |  |  |
| Plain or artificially sweetened low fat yogurt (1% M.F. or less)<br>Greek yogurt (1% M.F. or less)  | Plain, Greek or artificially sweetened yogurt (less than 4% M.F.)<br> Flavoured yogurt (less than 4% M.F.)<br>Kefir (2% M.F. or less)   | Yogurt (4% M.F. or more)   |
| <b>Cheese</b>   |  |  |
|  Low fat cheese slices (1% M.F. or fat free)<br> Low fat block cheese (7% M.F. or less)<br> Low fat cottage cheese (1% M.F. or less)<br> Low fat ricotta cheese (5% M.F. or less)<br> Soy or veggie cheese |  Light/low fat /partly skimmed block or cheese slices (8-20% M.F.)<br> Regular or creamed cottage cheese<br>Low-fat cream cheese | Regular block or cheese slices (more than 20% M.F.)<br>Regular cream cheese  |
| <b>Other</b>  |  |  |
| [% M.F. = percent milk fat]   |  Ice cream, ice milk, frozen yogurt (4% M.F. or less)<br>Coffee whiteners with no trans fat and 0.5 grams or less saturated fat per teaspoon  | Ice cream, ice milk, frozen yogurt (more than 4% M.F.)<br>Coffee whiteners with trans fat and/or more than 0.5 grams saturated fat per teaspoon<br>Dairy cream |


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 If you have high blood pressure, reduce the quantity of these salty foods.

# Grain Products







| Recommended  | Eat Occasionally<br>(maximum 3 times weekly)  | Limit   |
|--|---|---|
| <p>Products made with 100% whole grains (read labels: e.g. 100% whole grain whole wheat, pumpernickel, rye, stoned ground whole wheat): bread, rolls, buns, pita, English muffin, soft tortilla shells (Aim for 2 or more grams of fibre <u>per slice</u>).</p> <p>Whole grain cereals (4 grams or more of fibre and 8 grams or less of sugar per serving)</p> <p>Home made hot cereals (e.g. oatmeal, oat bran, Red River)</p> <p>Homemade baked goods***</p> <p>Homemade pancakes, waffles***</p> <p>Whole wheat pasta</p> <p>Brown rice, wild rice, barley, bulgur, quinoa</p> <p>Melba toast (whole wheat or multigrain)</p> <p> Whole grain crackers or unsalted crackers with no trans fat and 2 grams or less of saturated fat per serving</p> | <p>Breads, rolls, buns, etc. made with white flour</p> <p>Bread sticks</p> <p>Cereals not in other two columns</p> <p> Instant hot cereal</p> <p></p> <p>White pasta</p> <p>White rice</p> <p> Low fat granola bars, low fat cereal bars (look for no trans fat, 2 grams or less of saturated fat, 3 or more grams of fibre)</p> <p> Crackers with no trans fat and 2 grams or less of saturated fat per serving</p> | <p>Cheese or egg bread/buns</p> <p>Danishes, sweet rolls, croissants, tea biscuits</p> <p>Refrigerated ready-made dough (e.g. Crescent rolls, cookies)</p> <p>Pre-sweetened cereals</p> <p>Granola-type cereals (made with coconut and/or coconut oil)</p> <p>Muffins, donuts</p> <p>Cookie, muffin and cake mixes; Frozen or ready-made pancakes and waffles</p> <p>Chow mein noodles</p> <p>Prepackaged rice mixes, side pasta, stuffing</p> <p>Granola bars, cereal bars that do not meet recommended criteria</p> <p>Regular crackers</p> |

\*\*\* These foods should be made from recommended ingredients such as: 100% whole grains, skim milk, and oil or non-hydrogenated margarine. Use less sugar.

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 If you have high blood pressure, reduce the quantity of these salty foods.

# Vegetables and Fruit

| Recommended   | Eat Occasionally<br>(maximum 3 times weekly)   | Limit   |
|---|--|---|
| <p>Fresh and frozen vegetables</p> <p>Salt-free canned vegetables</p> <p>Home-made oven-baked fries (white potato or sweet potato)</p> <p>Low sodium vegetable juices</p> <p> Vegetable juices</p> <p>Fresh, frozen and unsweetened canned fruit</p> <p>Avocado</p> <p> Olives</p> <p> Dried fruit</p> | <p> Canned vegetables (with salt)</p> <p>Low fat frozen fries (oven baked)</p> <div data-bbox="638 825 1076 1077" data-label="Image"> </div> <p> Canned fruit in heavy syrup, light syrup or fruit juice</p> <p> Unsweetened fruit juices</p> | <p>Battered and deep fried vegetables</p> <p>Vegetables with butter, cheese or cream sauces</p> <p>Deep fried: French fries, hash browns, potato croquettes</p> <p>Sweetened fruit juices</p> |




Eat at least one dark green and one orange vegetable each day.

Have vegetables and fruit more often than juice.

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# Oils and Fats

| Recommended  | Eat Occasionally<br>(maximum 3 times weekly)   | Limit   |
|--|--|---|
| <p><b>Oil:</b> canola, olive, peanut and other nut oils, sesame, flax**, hemp** (**cannot cook with these 2 oils)</p> <p>Vegetable oil made with above oils<br/>(check ingredient list)</p> <p>Non-hydrogenated margarine</p> <p>Non-hydrogenated light margarine</p> <p>Regular or light mayonnaise<br/>(preferably with canola oil)</p> <p>Non-fat sour cream</p> <p> Gravy with fat skimmed off</p> <p>Homemade salad dressings<br/>(with recommended ingredients)</p> <p> Bottled salad dressings, regular, low fat or low calorie</p> <p>Salad sprays</p> <p>Vegetable oil cooking sprays</p> | <p><b>Oil:</b> safflower, sunflower, corn, soybean, grapeseed, cottonseed</p> <p>Vegetable oil made with above oils (check ingredient list)</p> <div data-bbox="743 688 828 856" style="text-align: center;">  </div> <p>Low-fat sour cream</p> | <p><b>Oil:</b> *palm oil and palm kernel oil (used in many imitation cream products), coconut oil</p> <p>Butter, stick margarine, or hydrogenated margarines</p> <p>Lard, fat drippings, shortening</p> <p>Regular sour cream</p> <p>Regular gravy</p> <p>Creamy or cheesy sauces</p> <p>Fat-free salad dressings</p> |













\*Some non-hydrogenated margarines use small amounts of palm oil, which is acceptable.


Include a small amount – 2 to 3 tbsp (30 to 45 mL) – of unsaturated fat each day.

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# Other Foods

| Recommended  | Eat Occasionally<br>(maximum 3 times weekly)   | Limit  |
|--|--|--|
| <p>Unbuttered, air popped popcorn</p> <p> Stock soups</p> <p>Herbs &amp; spices</p> <p>Cocoa powder</p> <p> Pickles</p> <p>Salsa, mustard</p> <p>Vinegar</p> <p>Tea, unsweetened iced tea, herbal tea</p> <p>Water (with touch of lemon, lime or fruit juice if desired)</p> | <p> Non-hydrogenated light/low fat microwave popcorn</p> <p>Plain cookies (arrowroot, social tea, graham crackers, animal crackers, pizelle {Italian waffle cookies}, biscotti)</p> <p> Fruit bar cookies</p> <p> Pretzels</p> <p>Rice cakes</p> <p>  Ketchup, relish, barbeque sauce etc.</p> <p> Light mousse, Jello™ desserts, meringues, angel food cake, puddings made with skim or 1% M.F. milk, sherbet, fruit ices, gelato</p> <p> Nutella</p> <p> Pure dark chocolate (60% or more cocoa content)</p> <p> Jam, jelly, honey, sugar, syrup, molasses</p> <p> Baked nachos and baked chips</p> <p>Diet carbonated beverages</p> <p>Flavoured water with artificial sweeteners</p> | <p>Regular microwave, cheese, buttered, or movie popcorn</p> <p>All other cookies</p> <p>Cream soups</p> <p>Desserts made with cream or whole milk, frozen cream pies, commercial pies, cakes, cheesecake</p> <p>Candies made with fat, oil, butter, cream, chocolate, malted milk, coconut, butter icing, whole milk</p> <p>Other chocolate</p> <p>Pre-mixed crumb coating for meat and vegetables</p> <p>Deep fried snack foods such as cheezies, potato chips, corn chips, taco chips</p> <p>Ready-made cake frosting</p> <p>Fruit flavoured drinks</p> <p>Carbonated beverages</p> <p>Sweetened iced tea</p> |

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