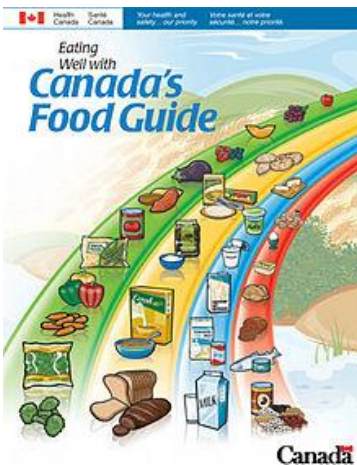




Healthy Weight Management – *Meal & Snack Planning Basics*

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

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 breakfast every day. Eating 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* e.g. ½ cup berries



✓ 1 CFG serving of *Grain products* e.g. ¾ cup cereal



✓ 1 CFG serving of *Milk and Alternatives* e.g. 1 cup of milk

Example 2



✓ 1 CFG serving of *Fruit* e.g. 1 banana



✓ 1 CFG serving of *Grain products* e.g. 1 toast



✓ 1 CFG serving of *Meat and Alternatives* e.g. 1-2 eggs

Example 3



✓ 1 CFG serving of *Fruit* e.g. 1 apple



✓ 1 CFG serving of *Grain products* e.g. 1 toast



✓ 1/2 CFG serving of *Milk and Alternatives* e.g. 1 small container of low-fat yogurt



✓ 1/2 CFG serving of *Meat and Alternatives* e.g. 1tbsp peanut butter

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

A Balanced Breakfast

Fruit

(1 CFG serving)

Grain Products

(1 CFG serving)

Milk/Alternatives

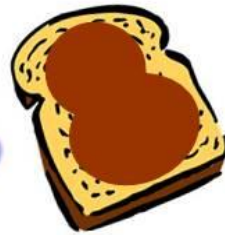
(1/2 CFG serving)

Meat/Alternatives

(1/2 CFG serving)




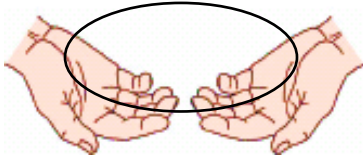





Example 1. *Bowl of cereal with milk, fruit and an egg*



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 the amount of 1/2 the size of your fist or less</p> 
<p><i>Meat</i></p>  <p><u>or</u></p>	<p>Red meat/poultry/fish/seafood: Use an amount equal to the size of the palm of your hand and the thickness of your baby finger</p> 
<p><i>Alternatives</i></p> 	<p>Non-meat alternatives: Use the amount of 1 serving size as listed in Canada’s Food Guide</p>

Oils and Fats

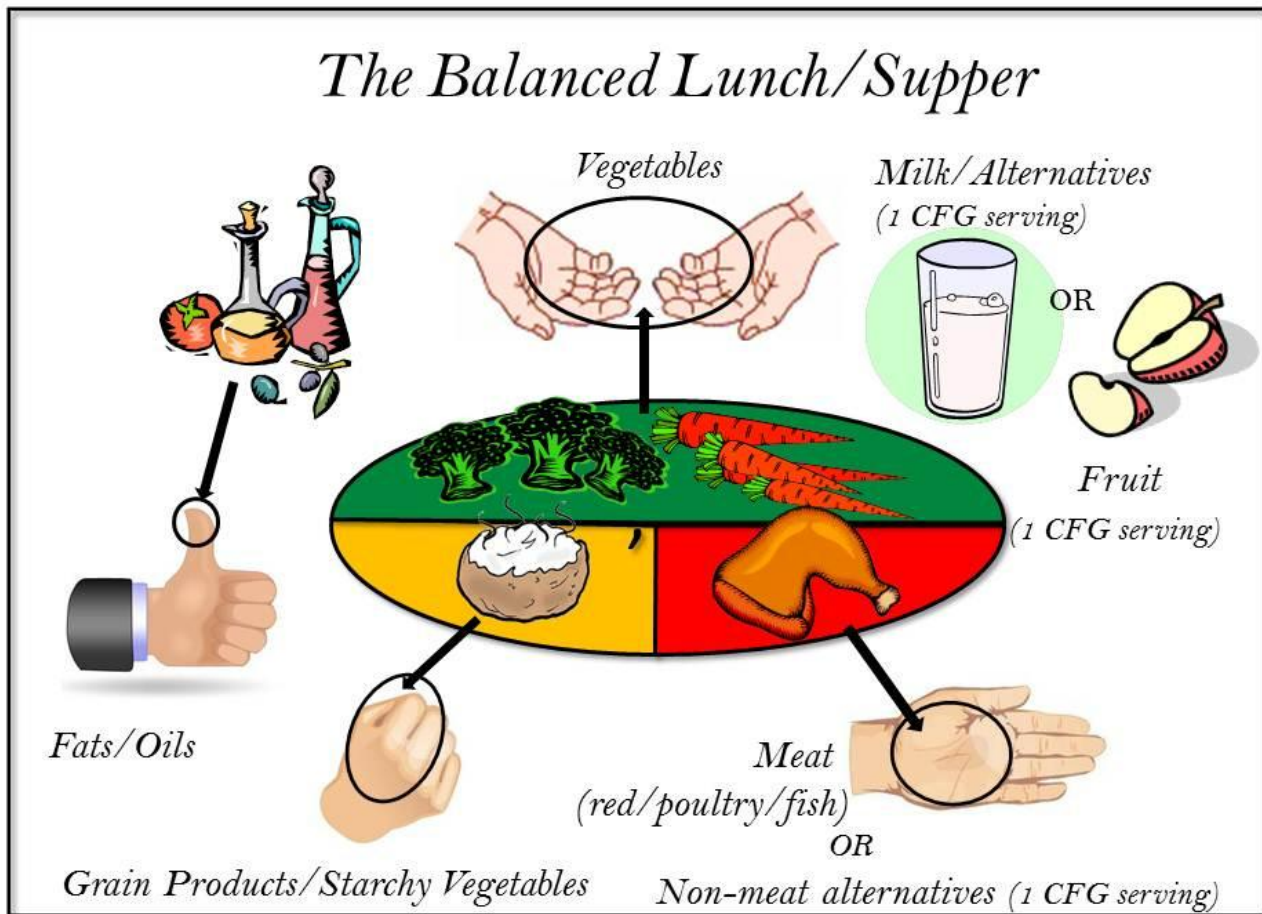
Use the amount of the tip of your thumb or less



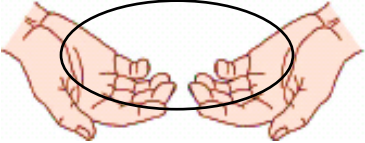



Milk and Alternatives or Fruit



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>Females: 1 1/2 cups (375ml)</p> <p>Males: 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>Females: 1-2 teaspoons (5-10ml)</p> <p>Males: 1-2 teaspoons (5-10ml)</p>	<p>If you choose a lower calorie 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>Females: 2.5-3oz (75-90g)</p> <p>Males: 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>Females: 1/2 cup (125ml)</p> <p>Males: 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 or less 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 allowed 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*
-

Choosing Lower Calorie Foods

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 more often)

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), vegetable juices

Higher Calorie Choices

Battered or deep fried vegetables

Vegetables with cream or cheese sauces



Fruit

Lower Calorie Choices

Fresh or frozen fruit

Drained canned fruit

Higher Calorie Choices

Dried fruit

Fruit juices

Fruit bars, fruit roll-ups



Meat & Alternatives

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)

* If larger portion sizes used, can be higher in calories (use Canada's Food Guide portion sizes)



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 (some varieties)

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).

Other Foods

Lower Calorie Choices	Higher Calorie Choices
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)

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)

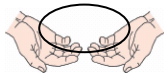


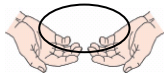
1/2 cup blueberries (1 CFG serving)

1 hard boiled egg (1/2 CFG serving)

Morning snack

1/2 cup fruit salad (1 CFG serving)

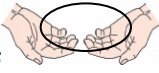



Lunch

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

