The Menu Planner

✓CHECK YOUR PLAN!

For better health, **aim for**:

- ☐ Meals with foods from each food group
- ☐ Snacks with foods from two food groups
- ☐ Plenty of vegetables, fruit and whole grains
- ☐ Two glasses of milk for each family member per day
- ☐ Fish dishes twice weekly
- ☐ Bean and lentil dishes often

FAMILY TASK LIST

	NAME
Set/clear the table	
Wash dishes	
Chop vegetables	
Cook dinner	
Put away leftovers	
Pack lunch	

Day of the Week					
BREAKFAST					
Vegetables and Fruit					
Grain Products					
Milk and Alternatives					
Meat and Alternatives					
LUNCH					
Vegetables and Fruit					
Grain Products					
Milk and Alternatives					
Meat and Alternatives					
DINNER					
Vegetables and Fruit					
Grain Products					
Milk and Alternatives					
Meat and Alternatives					
SNACKS					

SHOPPING LIST

Fold back and forth along the perforation before tearing

OTHER GROCERY ITEMS

USING YOUR PLANNER

- Use this guide to ***plan ahead*** for healthier family meals and snacks.
- It's flexible! Use it for one meal, one day or more. Choose alternate menu plans when family activities change.
- See the example below for different ways to complete your planner; use check marks to see how many food groups are covered or fill out all ingredients to help you plan your shopping list. Adapt this to meet your personal planning style.
- Double check that your plan is healthy by using the checklist on the front.
- Make your grocery list based on your plan, then put your plan into action!

Family meals make healthier life-long eaters; eat together often.

Example:	Monday
BREAKFAST	*Cereal & milk with juice*
Vegetables and Fruit	✓
Grain Products	✓
Milk and Alternatives	✓
Meat and Alternatives	
LUNCH	*Sandwich with fruit and milk*
Vegetables and Fruit	*banana*
Grain Products	*bran bread*
Milk and Alternatives	*chocolate milk*
Meat and Alternatives	*tuna*
DINNER	*Pizza and milk*
Vegetables and Fruit	*mushrooms, peppers, onions, broccoli*
Grain Products	*whole-wheat crust*
Milk and Alternatives	*mozzarella cheese, milk*
Meat and Alternatives	*chicken*
SNACKS	*Hummus & veggies with water* ✓ ✓
	Yogurt & apple ✓ ✓

Vegetables and Fruit

Vegetables: asparagus, bamboo shoots, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, chayote, Chinese long beans, corn, cucumber, eggplant, endive, fennel, fiddleheads, green & yellow beans, kale, kohlrabi, leeks, mushrooms, mustard greens, okra, peppers, potatoes, pumpkin, radishes, snow peas, spinach, squash, sweet potato, tomatoes, tomato sauce, tossed salad, turnips, yams, zucchini, vegetable juice blends

Fruit: apples, apricots, avocados, bananas, berries, cherries, dried fruit, figs, grapefruit, grapes, guava, kiwi, lychee, mangoes, melons, oranges, papayas, peaches, pears, pineapple, plums, pomegranates, rhubarb, watermelon, 100% fruit juices

Vegetables and fruit can be fresh, frozen or canned.

Your food and beverage choices are key to teaching your children healthy food habits; lead by example rather than by words.

Grain Products

Bread: bagels, bannock, buns, challah, chapatti, English muffins, flat bread, focaccia, homemade whole-grain muffins, naan, pitas, roti, tortillas, whole-grain breads (whole wheat, bran, multi-grain, pumpernickel)

Pasta: couscous, whole-grain fettuccini, linguini, macaroni, noodles, orzo, penne, rotini, tortellini

Grains and Other Grain Products: barley, bulgur, cereal (hot or cold), crackers, kasha, muesli, oatmeal, pancakes, polenta, popcorn, porridge, quinoa, rice (sticky, brown, wild, white and jasmine), rice cakes, waffles

Milk and Alternatives

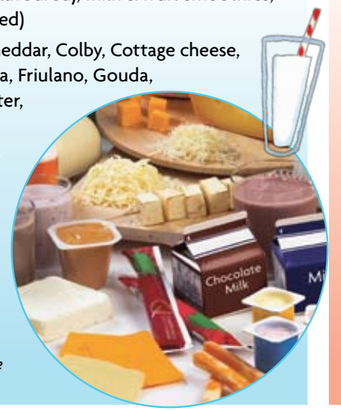
Milk: buttermilk, evaporated milk, hot chocolate (made with milk), latte, milk* (plain or flavoured), milk & fruit smoothies, powdered milk (reconstituted)

Cheese: Bocconcini, Brie, Cheddar, Colby, Cottage cheese, curds, Edam, Emmental, Feta, Friulano, Gouda, Havarti, Mozzarella, Muenster, Neufchatel, Oka, paneer, Parmesan, Provolone, Quark, Ricotta, string cheese, Swiss

Yogurt: kefir, yogourt (plain, flavoured and frozen), yogurt drink, yogurt tubes

Other: custard, flavoured fresh cheese, pudding (made with milk)

** If you do not drink milk, choose fortified soy beverage*



Meat and Alternatives

Fish: halibut, herring, salmon, sardines, snapper, sole, trout, tuna

Poultry: chicken, duck, turkey

Meats: beef, goat, lamb, organ meats, pork, venison

Seafood: calamari (squid), crab, scallops, shrimp

Other: cooked beans and legumes, dahl, eggs, falafel, hummus, nuts & seeds, peanut and other nut butters, tempeh, tofu and other soy products

Invest 15 minutes in planning menus ahead; it can save hours of your time during the week!

Limit choices that are nutrient poor and/or higher in calories, fat, sugar or salt, including pop, fruit-flavoured drinks, alcohol, sweets, pastries, chips, lard, shortening, butter, margarine, coconut milk, and gravy.

For more healthy eating, meal planning and recipe ideas visit:
www.dietitians.ca
www.canadasfoodguide.ca

To track your food choices, order:
"The Plate Mate" at www.dairygoodness.ca and click on 'Request for Material'

Snacks in a Snap

Choose quick wholesome snacks like these:

- Plain popcorn
- Chocolate milk
- Small handful of unsalted nuts
- Yogurt topped with fresh fruit and granola
- Apple and cheese
- Small homemade muffin
- Hummus with veggie sticks
- Tortilla, banana and peanut butter wrap
- Fresh fruit
- Cereal with milk
- Hard-boiled egg
- Fruit and milk smoothie
- Trail mix (dry cereal, dried fruit and nuts)

Better Beverages

Research suggests that poor beverage choices are getting in the way of good eating habits. Here are some tips:

1. Enjoy milk with most meals to get the recommended two glasses of milk a day.
2. Drink water between meals.
3. Choose vegetable juice blends that are low in sodium and fruit juices that are 100% pure juice.
4. For more nutrition, serve children chocolate milk instead of pop.
5. Add a splash of citrus to flavour plain water.
6. Choose lattes (half coffee, half milk) instead of coffee for more nutrition.
7. For fewer calories, mix flavoured sweetened beverages and juices with sparkling water.

100% CANADIAN MILK
www.dairygoodness.ca

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