

Healthy Meals, Starting Simple



For a quick start, look at the healthy meal ingredients listed below. Follow the simple steps to get you started on the road to healthy meal success. Each column has foods from each of the four food groups on [Canada's Food Guide](#).

1. Pick an item from 3 or all 4 of the columns.
2. Combine for a healthy meal.
3. Congratulations on your healthy meal!

Health Canada's [Eat Well Plate](#) can also help you build a healthy meal.

Meat and Alternatives	Grain Products	Vegetables and Fruit	Milk and Alternatives
			
heat brown beans, kidney beans, or navy beans	put in a whole grain tortilla	serve with low sodium salsa serve	grate low fat cheese on the tortilla
low sodium canned salmon	add to whole grain noodles in broth	stir in frozen vegetables	serve low fat yogurt for dessert
canned lentils (drained then mixed with canola oil and Dijon mustard)	add cooked brown rice or barley	serve on lettuce	serve low fat yogurt for dessert
low sodium canned light tuna with low fat mayonnaise	on a whole grain bun	serve fresh or canned fruit in juice for dessert	serve low sodium cream soup made with milk
mix an egg into ground beef and form into burgers, pan fry	serve on a whole grain bun	add lettuce and tomato to burger	place two slices of low fat cheese on the burger
natural peanut butter	on whole grain bread	serve fruit as dessert	serve low fat milk to drink
grill or bake chicken breasts with herbs and spices	serve with cooked whole grain noodles	add cooked frozen beans	serve low fat milk to drink
scramble eggs	serve with whole grain toast, pita, tortilla	add vegetables to eggs and then pan fry together	and top with grated low fat cheese

Need recipe ideas? See [Inspiring Healthy Eating](#) on [HealthyEatingStartsHere.ca](#).