

Dish up a Healthy Dinner Plate

Use the Eat Well Plate

- Make $\frac{1}{2}$ your plate vegetables and fruits.
- Choose whole grains such as barley, brown rice and oats at each meal.
- Include protein foods like legumes, lean meats and lower fat yogurt.



Quick and Healthy Meal Ideas

Choose foods from Canada's Food Guide

- Whole grain toast with peanut butter, a banana, and a glass of milk.
- Grilled or barbequed salmon, brown rice, and steamed vegetables.
- Homemade raisin bran muffin, hardboiled egg.
- Whole grain pasta with ground turkey and tomato sauce, and mixed green salad, yogurt, and an apple.



For more recipes ideas, see:

Inspiring Healthy Eating: www.healthyeatingstartshere.ca.