



Your guide to

# Healthy plant-based eating

Simple strategies  
to help you thrive

Bonus: 3-day  
sample menu





# Welcome!

Plant-based eating puts the spotlight on foods like fruits, veggies, beans, nuts, and more. To some people, that means eating fewer animal foods like meat and dairy, and more foods that come from the earth. To others, it means going vegan and not eating any animal products whatsoever. It can also mean something in the middle!

There is no one plant-based style of eating that works best for everyone. We all have different nutrition needs, likes and dislikes, budgets, and more. Planning healthy meals and snacks around your personal needs is at the heart of your wellness journey.

This guide is packed with plant-forward healthy-eating and meal-planning tools. Each page will help you create a vibrant meal plan that works for you. Use it to create lasting changes so you can thrive.

Enjoy!  
Your Teladoc Health Team

## Sneak peek inside

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# Understanding the basics

Food is made of three basic nutrients that provide fuel to your body: carbohydrates (carbs), proteins, and fats. Knowing how the body uses each nutrient and meeting the goals below will help you build well-balanced meals that are healthy and satisfying.



## Carbohydrates

Carbs are the sugars and starches that your body breaks down into glucose to use for energy. Carbs cause your blood sugar to rise. Too many of the less nutritious kinds, like added sugars, can cause weight gain and increase your risk of diabetes and heart disease. It's important for people with diabetes to closely monitor carb intake. Foods that contain carbs include grains, fruit, starchy veggies (sweet potatoes, turnips, winter squash), beans, dairy, and baked goods.

**Your goal: Choose moderate portions of the more nutritious carb-containing foods — fresh fruits, starchy veggies, beans, and high-fibre grains. Avoid added sugars.**



## Non-starchy veggies

Non-starchy veggies are low in carbs and calories and a great source of fibre, vitamins, and minerals. Many plants also contain sterols and stanols, which can help lower cholesterol. Sources include oat bran, beans, nuts, broccoli, avocado, blueberries, and fortified foods.

**Your goal: Fill half of your plate with a variety of non-starchy veggies at each meal. It's not necessary to limit portion sizes like you do with other carb-containing foods — eat as much as you desire.**



## Protein

Protein helps build and keep muscle. It also helps you feel full. Protein has very little impact on your blood sugar. It is the main nutrient in animal foods like chicken, beef, eggs, and fish. It is also found in many plant-based foods like tofu, tempeh, nuts, seeds, and beans.

**Your goal: Include protein when eating carbs. This slows the rise of blood sugar following a meal or snack. Plant-based protein sources often include carbs as well. Check the Nutrition Facts label to understand the impact a plant-based protein may have on your blood sugar.**



## Fats

Fats help your brain and nervous system work, and add great flavour and texture to food. When eaten alone, fats will not raise your blood sugar. Healthy fats are found in olive oil, avocado, olives, nuts, seeds, and sunflower oil.

**Your goal: Choose foods that contain healthy fats (poly and monounsaturated). Limit saturated fats and avoid trans fats.**

*Curious about how these nutrients translate into the foods you eat? Keep reading to take a look at our detailed Teladoc Health food groups guide.*

# Teladoc Health food groups

The next step: Figuring out what to eat! Below you'll find examples of foods that fall into each group. Depending on your health needs, you may be able to eat more than one serving at a meal. Use this as a guide to build a variety of satisfying meals that help you reach your goals.



## Non-starchy veggies

*One serving contains about 5 grams of carbohydrates and around 25 calories ½ cup cooked or 1 cup raw for one non-starchy vegetable choice below*

<b>Artichoke</b>	<b>Green cabbage, red cabbage, bok choy</b>
<b>Arugula</b>	<b>Greens</b> (collard, mustard, turnip, escarole, etc.)
<b>Asparagus</b>	<b>Jicama</b>
<b>Bamboo shoots</b>	<b>Kohlrabi</b>
<b>Broccoli</b>	<b>Mushrooms</b>
<b>Brussels sprouts</b>	<b>Okra</b>
<b>Cactus</b>	<b>Onions</b>
<b>Cauliflower</b>	<b>Peppers</b> (red, green, yellow, mini)
<b>Cucumber</b>	<b>Spinach, kale</b>
<b>Daikon</b>	<b>Summer squash</b> (yellow, zucchini)
<b>Eggplant</b>	<b>Tomatoes</b>
<b>Green beans, wax beans, italian beans</b>	<b>Water chestnuts</b>



## Carbohydrates (fruits)

*One serving contains 15 grams of carbs and around 60 calories*

<b>Apple</b>	<i>1 small</i>
<b>Banana</b>	<i>1 extra small or ½ large</i>
<b>Blueberries</b>	<i>¾ cup</i>
<b>Cantaloupe or honeydew melon</b>	<i>1 cup diced</i>
<b>Dried fruit</b>	<i>2 Tbsp</i>
<b>Grapes</b>	<i>17 small</i>
<b>Mango</b>	<i>½ cup or ½ small</i>
<b>Nectarine or peach</b>	<i>1 medium</i>
<b>Orange</b>	<i>1 medium</i>
<b>Papaya</b>	<i>1 cup cubed or ½ papaya</i>
<b>Pineapple</b>	<i>¾ cup fresh or ½ cup canned</i>
<b>Plantain</b>	<i>⅓ cup or ¼ plantain</i>
<b>Raspberries or blackberries</b>	<i>1 cup</i>
<b>Strawberries</b>	<i>1 ¼ cup whole</i>
<b>Watermelon</b>	<i>1 ¼ cups diced</i>

# Teladoc Health food groups



## Carbohydrates (starches)

*One serving contains 15 grams of carbs and around 80 calories*

<b>Bagel</b>	<i>1/4 large bagel (1 oz)</i>
<b>Beans</b> (black, garbanzo, kidney, lima, navy, pinto, etc.)	<i>1/2 cup cooked</i> <i>also = 1 protein serving</i>
<b>Bread slice</b> (reduced-calorie, light)	<i>2 slices (1 1/2 oz)</i>
<b>Bread slice</b>	<i>1 slice (1 oz)</i>
<b>Chapati</b>	<i>1 oz</i>
<b>Corn</b>	<i>1/2 cup or 1/2 large cob</i>
<b>English muffin</b>	<i>1/2 muffin</i>
<b>Green peas</b>	<i>1/2 cup</i>
<b>Grits</b>	<i>1/2 cup cooked</i>
<b>Hamburger or hot dog bun</b>	<i>1/2 bun</i>
<b>Hard taco shell</b>	<i>2 small taco shells</i>
<b>Matzo</b>	<i>3/4 oz</i>
<b>Naan</b>	<i>3 1/4-inch square (1 oz)</i>
<b>Oatmeal</b>	<i>1/2 cup cooked</i>
<b>Pita</b> (6-inches)	<i>1/2 pita</i>
<b>Plain potato, sweet potato, yam</b>	<i>1/2 cup</i>
<b>Popcorn</b>	<i>3 cups</i>
<b>Rice, pasta, quinoa, couscous</b>	<i>1/3 cup cooked</i>
<b>Tortilla</b> (6-inches)	<i>1 small tortilla</i>
<b>Winter squash</b> (butternut or acorn)	<i>1 cup</i>



## Carbohydrates (milk & yogurt)

*One serving contains 6-12 grams of carbs and around 80-160 calories*

<b>Chocolate milk</b>	<i>1/2 cup</i>
<b>Cow's milk</b> (whole, reduced fat, skim)	<i>1 cup</i>
<b>Kefir</b> (plain, unsweetened)	<i>1 cup</i>
<b>Rice milk</b> (plain, unsweetened)	<i>1 cup</i>
<b>Almond milk</b> (plain, unsweetened)	<i>1 cup</i>
<b>Soy milk</b> (plain, unsweetened)	<i>1 cup</i>
<b>Yogurt, greek or regular</b> (plain, unsweetened)	<i>6 oz</i>

*Note: If food/drink is flavoured or sweetened, read the label for more details*

# Teladoc Health food groups



## Protein

*One serving contains 7 grams of protein and around 35-100 calories*

<b>Cheese</b>	1 oz
<b>Chicken, turkey, fish, beef, lamb, goat, pork</b>	1 oz
<b>Cottage cheese</b>	1/4 cup
<b>Egg substitute</b>	1/4 cup
<b>Egg whites</b>	2 egg whites
<b>Eggs</b>	1 egg
<b>Nut spread, no sugar added (peanut, almond, soy butter) *</b>	1 Tbsp
<b>Nuts and seeds</b>	1 Tbsp
<b>Tempeh (check label for carb counts) *</b>	1/4 cup
<b>Tofu *</b>	1/2 cup



## Fats

*One serving contains 5 grams of fat, around 45 calories, usually 0 carbs, but always check the label*

<b>Almonds or cashews *</b>	6 nuts
<b>Avocado</b>	2 Tbsp
<b>Bacon</b>	1 slice
<b>Butter, stick</b>	1 tsp
<b>Chitterlings, boiled</b>	2 Tbsp
<b>Coconut milk, canned</b>	1/3 cup light or 1 1/2 Tbsp regular
<b>Coconut, shredded</b>	2 Tbsp
<b>Mayonnaise</b>	1 tsp regular or 1 Tbsp reduced fat
<b>Nut butters *</b>	1 1/2 tsp
<b>Oil (olive oil, canola oil, peanut oil, vegetable oil, etc.)</b>	1 tsp
<b>Olives</b>	8 black or 10 green
<b>Peanuts *</b>	10 nuts
<b>Pecans and walnuts</b>	4 halves
<b>Pistachios *</b>	16 nuts
<b>Sour cream, regular</b>	2 Tbsp

\* Plant-based protein foods provide quality protein, healthy fats, and fibre. They vary in how much fat and carbohydrate they contain, so make sure to read labels.

Note: Animal products are listed for those that choose to include animal-based options in their diet.

# Balance your plate

You can eat well and still enjoy yummy meals! The balanced plate model is an easy, delicious way to fuel your body. Following this format will help you fill your plate with healthy foods in the right proportions.

It's as simple as eyeballing it. Start with a 9-inch plate. A balanced plate has 50% non-starchy veggies, 25% lean proteins, and 25% carbs. It may also include a little healthy fat.

Use the Teladoc Health food groups guide on the previous pages to help you fill your plate. You'll find lots of tasty options to help create a variety of balanced and satisfying meals. Plugging different foods into the sections of the plate can even inspire creativity and get you out of a rut.

**50%**

**Non-starchy veggies = half of your plate**

Options include: Broccoli, lettuce, tomatoes, zucchini, mushrooms, kale, and cauliflower

**25%**

**Carbs = a quarter of your plate**

Options include: Brown rice, whole wheat pasta, sweet potatoes, quinoa, corn tortillas, fruit, and winter squash

**25%**

**Proteins = another quarter of your plate**

Options include: Tofu, tempeh, chia seeds, almonds, peanut butter, pinto beans,\* black beans,\* lentils,\* peas,\* and edamame\*

\*Also contains carbs;  $\frac{1}{2}$  cup cooked also = 1 carb serving

\*

**Healthy fats = just a bit**

Options include: Olive oil, avocado, olives, sunflower oil, nuts, and seeds. When following a plant-based diet, some of the healthy fats also double as a source of protein. For example: Chia seeds, almonds, peanuts, pistachios and walnuts.



# Healthy portion sizes, any time

Now that you know how to balance your plate, it's important to consider how *much* you eat. When it comes to portion sizes, it can feel like the world is working against us. Restaurant servings for one can be enough for a family to share. Even the plates we use at home have gotten bigger!

Luckily, you can retrain your eyes — and your stomach — to recognize what "enough" looks and feels like. Use your hand as a guide to estimate portions that will satisfy and help you reach your goals.



## Fist

Whole grains, starchy vegetables, whole fruits

## Palm of hand

Meat, fish, tofu, tempeh



## Thumb

Dressings, dips, desserts

## Two flat hands side by side

Total amount of food per meal

## Flat hand

Non-starchy vegetables

# How to build a healthy meal

Knowing what to eat is only the first step. Figuring out how to plan, prep, and enjoy healthy foods that fit your nutrition needs is another skill. Here are some strategies you can use to achieve your goals:



## Plan and shop

- Make a meal plan for your breakfasts, lunches, dinners, and snacks for the week.
- Shop for foods on your plan. This makes you more likely to stick with it!
- Don't be fooled by discounts. "Good deal" doesn't mean "good for you"!



## Prep ahead

- Wash, cut, and store produce in containers right after grocery shopping.
- Portion out, bag, and sort lunch foods for the whole week on Sunday evening.
- Cook once, eat twice: Prepare more than you need so you can enjoy leftovers, too.



## Get cooking

- **Cut the fat:**
  - Simmer foods in water or vegetable stock instead of frying in oil.
  - Use a spray of extra-virgin olive oil instead of ghee or shortening.
- **Slash the sodium:**
  - Skip the salt in recipes. Replace it with your favourite herbs and spices.
  - Use lemon juice and vinegar to tone down bitterness and sharpen flavours.
- **Bump up the veggies:**
  - Double the amount of non-starchy veggies in a recipe.
  - Grill, roast or steam veggies to mellow bitterness and help bring out their flavour.
- **Include lean proteins:**
  - Make sure your meals contain lean meat, fish, eggs, beans or tofu.
  - Cook using healthier methods: Grill, roast or sauté.



## Eat and enjoy

- **Be mindful when eating:**
  - Avoid distractions like the TV, your phone, or tablet.
  - Slow your pace by taking a bite and then putting your fork down. Chew and savour!
  - Take the time to enjoy your healthy meal with family, friends, or just yourself.

# Healthy snacks

Having a snack between meals can curb hunger throughout the day. Well-planned snacks can also keep you from eating too much at meals. Snacks that contain both produce + protein or a healthy fat will help fill you up and keep you satisfied until mealtime.

Here are a few dynamic snack duos:



+



**Celery sticks + peanut**



+



**Blueberries + almonds**



+



**Red bell pepper slices + non-dairy cheese**



+



**Baby carrots + salsa / guacamole**



+



**Cucumber spears + hummus**



+



**Apple + walnuts**

If you're craving a snack, check in with your body. Are you low on energy? Is your stomach empty? Avoid eating when you're bored or stressed. Instead, save snacking for when you need extra fuel to make it to the next meal.

# Sample meal plan: day one



## Breakfast: Veggie scramble with a side of berries

Makes 1 serving | Prep time: 5 min | Cook time: 3-4 min

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
289	11 g	2 g	42 mg	0 mg	30 g	5 g	7 g	24 g	809 mg

### INGREDIENTS

- Cooking spray
- 1 cup tofu, cubed
- ½ cup chopped tomatoes
- ½ cup chopped onions
- ½ cup chopped bell peppers
- 1 cup strawberry halves

### PREPARATION

Spray a pan with cooking spray. Over medium heat, add tofu, tomatoes, onion, and bell pepper. Cook for 3-4 minutes, until onions are transparent. Serve with a side of berries.

#### Veggie boost:

Add extra non-starchy veggies like spinach or zucchini.

#### Flavour boost:

Use pepper and garlic powder.

#### Energy boost:

Mix ½ cup sautéed sweet potato to the veggie scramble.



## Lunch: Tossed salad with a side of pear

Makes 1 serving | Prep time: 5 min | Cook time: 0 min

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
295	6 g	1 g	111 mg	0 mg	53 g	15 g	20 g	11 g	526 mg

### INGREDIENTS

- 2-3 cups mixed salad greens (e.g., spinach, arugula, romaine, etc.)
- ½ cup sliced cucumber
- ½ cup cherry tomatoes, halved
- 1 Tbsp chopped green onion
- ½ cup canned garbanzo beans, drained and rinsed
- ½ medium avocado
- 1 Tbsp balsamic vinegar
- 1 small pear

### PREPARATION

In a bowl, combine all ingredients except pear and toss with balsamic vinegar. Serve with the pear on the side.

#### Veggie boost:

Use an unlimited amount of non-starchy vegetables.

#### Flavour boost:

Add some lemon juice.

#### Protein boost:

Add 2-3 oz cooked tempeh.



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# Sample meal plan: day one



## Dinner: Spaghetti with a side of steamed veggies

Makes 1 serving | Prep time: 5 min | Cook time: 10 min

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
320	3 g	0 g	214 mg	0 mg	66 g	13 g	26 g	11 g	1,205 mg

### INGREDIENTS

- Cooking spray
- 2 cups (total) diced onions, carrots, and bell peppers
- $\frac{2}{3}$  cup low-sodium marinara sauce
- 1 cup spaghetti squash, cooked
- 1 oz whole wheat spaghetti, cooked
- 1 cup zucchini, steamed

### PREPARATION

Spray skillet with cooking spray. Over medium heat, sauté onions, carrots, and bell peppers until tender, about 8 minutes. Reduce heat to low and add marinara sauce. In a bowl, layer cooked spaghetti squash and cooked whole wheat spaghetti. Top with sauce mixture. Serve with zucchini on the side.

#### Veggie boost:

Add fresh spinach into the spaghetti or on the side.

#### Energy boost:

Finish dinner with a cup of berries.

## Snack Options:



2 clementines and  
1 oz sunflower  
seeds



1-2 cups celery stalks  
with 1 Tbsp peanut  
butter



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# Sample meal plan: day two



## Breakfast: Green smoothie

Makes 1 serving | Prep time: 5 min | Cook time: 0 min

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
190	8 g	1 g	295 mg	0 mg	22 g	10 g	10 g	15 g	370 mg

### INGREDIENTS

- ½ cup unsweetened almond milk
- 1 scoop unsweetened pea protein powder
- 1 cup fresh spinach
- ½ cup frozen blueberries
- ½ cup frozen blackberries
- 1 Tbsp chia seeds

### PREPARATION

- Blend and enjoy!
- Veggie boost:**  
Use 1½ to 2 cups of greens.
- Protein boost:**  
Add a second scoop of pea protein powder.



## Lunch: Open-faced veggie sandwich with a side of apple

Makes 1 serving | Prep time: 4 min | Cook time: 2 min

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
420	22 g	3 g	289 mg	0 mg	46 g	14 g	15 g	14 g	792 mg

### INGREDIENTS

- 1 slice whole wheat bread
- 2 Tbsp hummus
- 2 Tbsp avocado, mashed
- 4-5 slices cucumber
- 1 cup spinach, loosely packed
- 2 Tbsp sunflower seeds
- Small apple

### PREPARATION

- Toast bread and top with hummus, avocado, cucumber, and spinach. Serve with a side of sunflower seeds and 1 small apple.
- Veggie boost:**  
Add more spinach.
- Energy boost:**  
Serve the apple with 1 Tbsp peanut butter.



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# Sample meal plan: day two



## Dinner: Taco salad

Makes 1 serving | Prep time: 8 min | Cook time: 5 min

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
353	15 g	2 g	344 mg	0 mg	47 g	21 g	9 g	17 g	1,934 mg

### INGREDIENTS

- 3 cups chopped romaine lettuce
- ½ cup chopped tomato
- 2 Tbsp chopped onion
- ¼ cup salsa
- ½ avocado, chopped
- 1 cup cauliflower rice, fresh or frozen
- ½ cup black beans, drained and rinsed

### PREPARATION

Steam cauliflower rice in microwave for 5 minutes, or until soft. Top lettuce with tomato, onion, salsa, avocado, cauliflower rice, and beans.

#### Veggie boost:

Add extra non-starchy veggies and/or extra salsa.

#### Flavour boost:

Use fresh lime juice and lime zest on the top of the salad.

#### Energy boost:

Enjoy a small corn tortilla on the side.

## Snack Options:



1 medium orange  
and 12 almonds



5 oz cashew-based  
yogurt and ½ cup  
melon or berries



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# Sample meal plan: day three



## Breakfast: Avocado muffin

Makes 1 serving | Prep time: 4 min | Cook time: 0 min

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
304	11 g	1 g	120 mg	0 mg	39 g	8 g	11 g	15 g	463 mg

### INGREDIENTS

- ½ whole grain English muffin
- 2 Tbsp mashed avocado
- 2-3 tomato slices
- ½ cup frozen shelled edamame, prepared
- 1 medium peach

### PREPARATION

Top ½ whole grain English muffin with avocado and tomato slices. Serve with edamame and peach.

#### Veggie boost:

Slice the rest of the tomato and eat it on the side.

#### Energy boost:

Use the whole English muffin to turn it into a breakfast sandwich; add spinach on top of the avocado.



## Lunch: Cauliflower “steak”

Makes 1 serving | Prep time: 5 min | Cook time: 20 min

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
416	24 g	2 g	78 mg	0 mg	42 g	9 g	6 g	13 g	748 mg

### INGREDIENTS

- 1 ½-inch-thick slice of cauliflower, cut lengthwise from the core of a whole cauliflower
- 1 Tbsp olive oil
- 2 cups fresh spinach
- 2 Tbsp sliced almonds
- ½ cup quinoa, cooked

### PREPARATION

Preheat oven to 425°F. Place cauliflower on a baking sheet and brush with ½ of the olive oil. Roast for 15 minutes, then flip sides. Brush with the olive oil and roast another 5 minutes, or until tender. While cauliflower is roasting, add remaining olive to sauté pan, and place over medium heat. Add spinach and sauté 3-4 minutes. Remove cauliflower from oven and place on serving plate. Top with sautéed spinach and almonds. Enjoy with ½ cup cooked quinoa.

#### Veggie boost:

Add a side of cucumbers and carrots.

#### Energy boost:

Add a side of ¼ cup hummus.



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# Sample meal plan: day three



## Dinner:

### Grilled portobello mushroom with broccoli & sweet potato

Makes 1 serving | Prep time: 10 min | Cook time: 12 min

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
305	1 g	0 g	465 mg	0 mg	64 g	20 g	10 g	20 g	1,687 mg

#### INGREDIENTS

3-4 oz portobello mushroom  
¾ cup cannellini beans, drained and rinsed  
1 tsp fresh rosemary  
2 cloves garlic, crushed  
2 Tbsp salsa  
1-2 cups roasted broccoli  
Small baked sweet potato

#### PREPARATION

Coat a medium skillet with cooking spray. Over a medium flame, cook portobello mushroom until lightly browned, around 3-5 minutes. Flip and cook on other side for another 2-3 minutes. Slide mushroom onto plate. In the same skillet, sauté cannellini beans with rosemary and garlic. Top mushroom with bean mixture and salsa. Serve with broccoli and sweet potato.

#### Veggie boost:

Add extra roasted non-starchy veggies on top of sweet potato or serve with a side salad.

#### Flavour boost:

Add lemon pepper and fresh lemon juice on top of the portobello mushroom and roasted broccoli.

## Snack Options:



**Crunchy veggies (peppers, cucumbers, celery) with 2 Tbsp hummus**



**1 small apple with 1 Tbsp peanut butter**



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# Understanding food labels

Learning how to read food labels can help you make healthier choices. Use this guide to help you make the most of the Nutrition Facts label.

**Keep in mind that the healthiest foods, like fruits and veggies, don't have food labels.**

## Step 1: what's in a serving?

- Read the number of servings per container.
- Learn the size of each serving.
- Remember, the numbers below are for ONE serving.
- If you're eating more than one serving, multiply the numbers below by that amount.

## Step 2: aim for less:

- Saturated fat
- Trans fats
- Sodium (below 2,300 mg per day)
- Sugar
- Added sugars

## Step 3: aim for more:

- Fibre
- Protein
- Nutrients like vitamin D, iron, potassium, and calcium.

## Nutrition Facts

8 servings per container	
<b>Serving size</b> 2/3 cup (55g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

## Step 4: check the ingredients list (separate from the nutrition facts panel)

- Ingredients are listed in by quantity, from highest to lowest.
- Avoid food additives like "monosodium glutamate," "sodium nitrates," and "food colouring". These are likely processed foods.
- Avoid items with ingredients that contain the word "hydrogenated", this means trans-fat. Avoid added sugars, often listed as "high fructose corn syrup," "dextrose," "sucrose," "honey," and "molasses".

# Dining out tips and tricks

Going to restaurants is a part of life. While it can be a challenge to dine out healthfully, it can be done! Here's how you can set yourself up for success:

## Before you go

- Review the menu online to help make better choices when it's time to order.
- Eat normally. Skipping meals just sets you up to be overly hungry when you sit down to order.
- Have a produce and protein snack an hour before the meal to curb hunger.

## At the restaurant

- Choose the treat that you like best—drink, starter, bread or dessert—to go along with your meal. Enjoy it!
- Cut your meal in half. Pack up the rest to bring home as leftovers.
- Ask for lower-calorie options like salad dressing on the side, light oil on pasta and veggies, and grilled chicken instead of crispy!
- Stick with balanced plate portions: 50% non-starchy veggies, 25% lean protein, 25% carbs.
- Chew food well and wait until you have swallowed your current bite to take another one.

It's okay if one meal isn't "perfect." But by planning ahead, you'll be able to stay closer to your wellness goals!





This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.