

# Choosing the right foods



Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Fat
Eat <b>7 to 10 servings</b> a day.	Choose <b>whole grain versions</b> .	Choose <b>low-fat products</b> .	Vary the sources of protein.	Choose <b>higher quality fat</b> while reducing the quantity.

## VERY GOOD CHOICES

### Allez-y!

Foods to choose as often as possible for meals, desserts and snacks.

Vegetables and fruit: fresh, frozen, canned, dried, sauce. Served as is, in soups, salads, with dips, as brochette, in recipes...

Don't forget dark green and orange vegetables.



Whole wheat and whole grain bread, rusks and pasta

Brown rice

Cereal with 2 g or more of fibre per 30 g serving (or 4 g per 55 g)

Oatmeal

Oat bran

Psyllium

Small low-fat muffins made with whole wheat, bran or oats

No-fat popcorn

Milk and yogourt with 1% or less M.F.

Light cheese with 15% or less M.F.

Enriched soy beverages

Non-breaded fish

Legumes (peas, beans, lentils, chick peas) and tofu

Chicken, turkey and other poultry (skin removed)

Low-fat meat, with no visible fat

Seafood, except for shrimp and squid

Soy-based meat substitutes

Egg whites

Nuts\* and seeds\*

100% natural peanut butter\*

Canola oil\*, olive oil\* and nut oil\*

Vinaigrettes made from these oils\*

Non-hydrogenated margarine\*

\* **These foods contain beneficial fat but are high in calories. They should be eaten in moderation.**

**You may also use lower-fat versions of some of these foods to better manage your fat and calorie intake.**

## GOOD CHOICES

### Think about it!

Interesting alternatives that should nonetheless be replaced as often as possible by "very good choices".

100% fruit juice

Tomato or vegetable juice

Sherbet made with fruit purée

White bread and pasta

White rice

Breakfast cereal with less than 2 g of fibre per 30 g

Soda crackers, melba toast, rice cakes and other crackers with 3 g or less of fat per serving

Non-coated cereal bars

Angel food cake or sponge cake

Cookies containing 5 g or less of fat per serving

Pretzels

Milk with 2% M.F.

Yogourt between 1% and 3% M.F.

Cheese between 16% and 20% M.F.

Frozen milk or yogurt, low-fat ice cream

Pudding made with partially skimmed milk

Lower fat deli (chicken or turkey breast, lean ham, roast beef)

Peanut butter\* (regular or light)

Egg yolks (maximum of 2 or 3 a week)

Shrimp and squid

Soybean oil\*, corn oil\*, sunflower oil\*, safflower oil\*, etc.

Vinaigrettes made from these oils\*

Mayonnaise\*

## LIMIT CONSUMPTION

### Occasionally

These choices are high in fat, especially saturated fat, trans fat or cholesterol.

French fries or other fried vegetables

Chips and other snack foods

High-fat baked goods such as croissants, danishes, pies, pastries, doughnuts, cake muffins

Crackers with over 3 g of fat per serving

Coated cereal bars

Cookies with more than 5 g of fat per serving

Milk with 3.25% M.F.

Yogourt with 3% or more M.F.

Cheese with more than 20% M.F.

Ice cream

Breaded or fried chicken or fish

Meat with visible fat

High-fat deli meats (bacon, sausages, salami, pâté)

Skin of poultry, chicken wings

Meat pie, quiche and chicken or salmon pie

Fancy meats (liver, kidney, sweetbread, brain)

Butter

Cream, sour cream

Whipped cream

Sauces made with butter or cream

Shortening

Coconut oil, palm oil, palm-kernel oil

Fat and lard

Margarine made with hydrogenated oil