


 Health Canada Santé Canada
 Your health and safety... our priority Votre santé et votre sécurité... notre priorité

Menu Planning




A few questions before we start

1. Meal planning is helpful because
 - a) It saves you time
 - b) It helps you stay on track with healthy eating
 - c) It saves you money
 - d) All of the above

Questions Continued...

2. Which of the following would be a balanced, healthy snack?
 - a) Bag of chips
 - b) A piece of whole wheat toast with peanut butter
 - c) Mr. Noodles
 - d) Crackers

Questions continued...

3. If you planned your meals and there weren't enough fruits and vegetables to meet Canada's Food Guide what would you do?
 - a) Ignore it. It's good enough.
 - b) Add another vegetable for supper
 - c) Plan a snack that has vegetables or fruit
 - d) Any of the above
 - e) b or c

Questions continued...

4. I would feel comfortable teaching others in my community to plan healthy menus.

Disagree 1 2 3 4 5 Agree

After this session you will be able to:

- Plan healthy meals and snacks
- Plan meals and snacks that people will enjoy
- Teach healthy menu planning to others in your community

A Story

Sonya is a mom with 4 young children. She is excited because she just got a job at the local day care as a cook. Sonya loves to cook, but doesn't know the first thing about planning a healthy menu for herself let alone for a whole daycare.

Why plan a healthy menu?

- Healthy foods make healthy bodies
- Planning in advance helps you keep on track with healthy eating
- Planning can save you time and money

Food Guide Review



	Recommended Number of Food Guide Servings per Day			
	CHILDREN 2-3 YEARS OLD	CHILDREN 4-13 YEARS OLD	TEENS AND ADULTS 14-18 YEARS	TEENS AND ADULTS 19 YEARS
Vegetables and Fruit <small>Fresh, frozen and canned.</small>	4	5-6	7-8	7-10
Grain Products	3	4-6	6-7	7-8
Milk and Alternatives	2	2-4	<small>Young Adults 3-4</small> <small>Adults 2</small>	<small>Young Adults 3-4</small> <small>Adults 2</small>
Meat and Alternatives	1	1-2	2	3

How much do we need?

- The food guide tells us!
- Amounts needed differ by
 - Age
 - Sex
- How does everyone get the right number of servings?
 - Vary the serving size

Making Healthier Choices

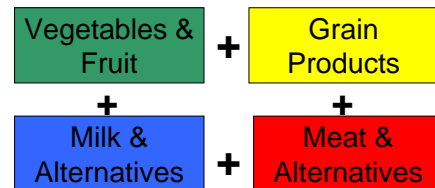
- The Food Guide helps us make healthier choices
 - Eat one orange and one green vegetable every day
 - Choose skim, 1% or 2% milk
 - Choose lean meats, fish and beans or lentils
 - Choose foods lower in fat, sugar or salt

Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.



Balanced Meals

A Balanced Meal has foods from all 4 food groups



Healthy Lunch and Supper



What if you're having a casserole?

- Does your casserole have a grain, protein and vegetables? If not, add the missing group or have it on the side.
- Eye-ball it. If you sorted out all the ingredients into food groups, would they make up a healthy plate?

Balanced Snacks

A balanced snack has at least 2 food groups

- Examples:
 - Celery with peanut butter
 - Whole grain crackers and cheese
 - Smoothie made with fruit and yogurt
 - Homemade trail mix with nuts and dried fruit
 - Homemade muffin with milk



Menu Planning for a Day

1. Plan 3 **Balanced meals** starting with breakfast, lunch then supper
2. Check how you're doing with Canada's Food Guide. Are you low in any of the food groups?
3. Plan **Balanced snacks** using foods from any food groups you are low in.
4. Look at your whole day. Do you have enough foods from each food group? Have you made healthy choices within each group?

Let's help Sonya plan a healthy day

1. Plan 3 **Balanced Meals** starting with breakfast, lunch then supper
2. Check how you're doing with Canada's Food Guide. Are you low in any of the food groups?
3. Plan **Balanced Snacks** using foods from any food groups you are low in.
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Sonya's Breakfast

Is this a **Balanced Meal**?



Cornflakes with 1% milk

Sonya's Lunch

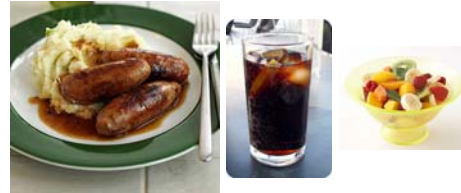
Is this a **Balanced Meal**?



Ham and cheese sandwich with fruit punch drink

Sonya's Supper

Is this a **Balanced Meal**?



Sausages with mashed potatoes, pop and fruit salad for dessert

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Veg/Fruit	Banana						
Grain	Corn Flakes						
Milk/Alt	2% milk						
Meat/Alt (optional)	None						
Lunch							
Veg/Fruit	Salad apple						
Grain/starch	Bread						
Milk/Alt	cheese						
Meat/Alt	Ham						
Water	water						
Supper							
Veg/Fruit	Cooked mixed veg, fruit salad						
Grain/starch	Potato						
Milk/Alt							
Meat/Alt	sausage						
Water	water						

How is Sonya doing?

1. Plan 3 **Balanced Meals** starting with breakfast, lunch then supper
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4. Look at your whole day. Do you have enough foods from each food group? Have you made healthy choices within each group?

Sonya's Meals

Sonya's Meals

Breakfast – Corn flakes, milk, banana

Lunch – Ham & cheese sandwich, salad, water, apple

Supper – Sausage, potato, cooked mixed veg, water, fruit salad

Sonya's food groups

Breakfast – 1 vegetable & fruit, 2 grain, 1 milk

Lunch – 2 vegetable & fruit, 2 grain, ½ milk, 1 meat

Supper – 3 vegetable & fruit, 2 grain, 1 meat

Total: 6 vegetable & fruit, 6 grain, 1 ½ milk & alt, 2 meat & alt

Compare to Canada's food Guide

- 6 vegetable and fruit
- 6 grain
- 1 ½ milk and alternatives
- 2 meat and alternatives

Is Sonya low in any food groups?

- Vegetables and fruit!
- milk
- She may need another grain

	Recommended Number of Food Guide Servings per day			
	18-24 years (1.6-2.0 m)	25-49 years (1.6-2.0 m)	50-69 years (1.6-2.0 m)	70+ years (1.6-2.0 m)
Vegetables and Fruit (fresh, frozen and canned)	4	5-6	7-8	7-10
Grain Products	3	4-6	6-7	7-8
Milk and Alternatives	2	2-4	3-4 2 3	3-4 2 3
Meat and Alternatives	1	1-2	2	3

1. Plan 3 **Balanced Meals** starting with breakfast, lunch then supper
2. Check how you're doing with Canada's Food Guide. Are you low in any of the food groups?
3. Plan **Balanced Snacks** using foods from any food groups you are low in.
4. Look at your whole day. Do you have enough foods from each food group? Have you made healthy choices within each group?

Sonya's Snacks

- Food groups she needs: 1-2 servings of veg & fruit, ½ serving of milk products
- A good snack has at least 2 of the 4 food groups

Sonya chose:
 Morning Snack – 1 slice of whole wheat toast with 1 tsp of jam and a cup of milk
 Afternoon Snack – veggies and hummus dip

1. Plan 3 **Balanced Meals** starting with breakfast, lunch then supper
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Sonya's Whole Day

Breakfast – corn flakes, 1% milk, banana

AM snack – 1 slice of whole wheat toast with jam & milk

Lunch – ham and cheese on white bun with water, salad with oil & vinegar dressing, and an apple


PM snack – veggies and hummus dip

Supper – a sausage, mashed potatoes, cooked mixed veg, water, fruit salad

Recommendation	Followed (✓)	Not followed (✓)	Areas to Improve
1 dark green vegetable	✓		
1 orange vegetable	✓		
More whole fruit, less juice	✓		
Half of grain products whole grain		✓	✓
Low fat milk and alternatives	✓		
Beans, fish or lean meats		✓	✓
2-3 Tbsp oil	✓		
Limit hard fats		✓	✓
All foods prepared with little fat, salt and sugar		✓	✓

What Could Sonya Choose for:

- More Whole Grains
- Meats and alternatives that are lower in fat
- Meats and alternatives that are lower in salt



Planning Delicious Healthy Meals

Start with foods people are familiar with
Make small changes to make them healthier



- Examples:

- Make home made, low fat oven-baked fries
- Try adding some mixed vegetables to noodle soup
- Add chopped carrots or red peppers to a tomato sauce
- Try a home made muffin made with whole wheat flour
- Make your own baked chicken strips



Making Healthy Foods Fun for Kids

Finger foods

- Raw veggies, pizza, chicken strips, dips



Fun colours

- Colourful vegetables and fruit can be fun

Make fun shapes

- Triangle sandwiches
- Make bread shapes with cookie cutters
- Make a happy face pizza



Let kids help make their own food

If Sonya came to you, you could...

- Show her Canada's food guide and how to make healthier choices
- Show her the steps to follow for healthy menu planning
- Help her plan a healthy day
- Give her some healthy recipes

Get familiar with the information

- Try planning your meals for a day or week
 - Can you plan your meals to include all the food groups you need?
 - Can you make healthier choices?
 - Did planning save you time? Money?
- See if anyone in your community has healthy and/or budget friendly recipes they could share.

We hope that now, you can

- Plan a healthy day
- Plan healthy meals and snacks
- Plan meals and snacks that people will enjoy
- Teach healthy menu planning to others in your community

Questions/Discussion



Canada

Questions again

1. Meal planning is helpful because
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Questions Continued...

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Disagree 1 2 3 4 5 Agree



Health
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Your health and
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Eating Well with Canada's Food Guide

First Nations, Inuit and Métis



How to use Canada's Food Guide

The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

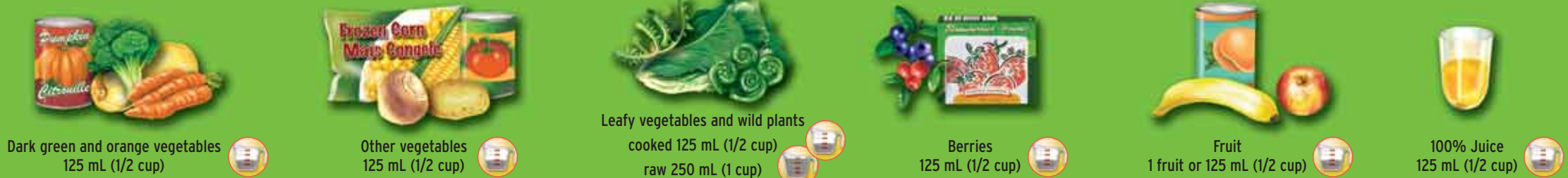
	Recommended Number of Food Guide Servings per day			
	Children 2-3 years old	Children 4-13 years old	Teens and Adults (Females)	Teens and Adults (Males)
Vegetables and Fruit Fresh, frozen and canned.	4	5-6	7-8	7-10
Grain Products	3	4-6	6-7	7-8
Milk and Alternatives	2	2-4	Teens 3-4 Adults (19-50 years) 2 Adults (51+ years) 3	Teens 3-4 Adults (19-50 years) 2 Adults (51+ years) 3
Meat and Alternatives	1	1-2	2	3

1. Find your age and sex group in the chart below.
2. Follow down the column to the number of servings you need for each of the four food groups every day.
3. Look at the examples of the amount of food that counts as one serving. For instance, 125 mL (1/2 cup) of carrots is one serving in the Vegetables and Fruit food group.

What is one Food Guide Serving?

Look at the examples below.

Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.



Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.



Drink 500 mL (2 cups) of skim, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.



Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week.* Select lean meat and alternatives prepared with little or no added fat or salt.



When cooking or adding fat to food:

- Most of the time, use vegetable oils with unsaturated fats. These include canola, olive and soybean oils.
- Aim for a small amount (2 to 3 tablespoons or about 30-45 mL) each day. This amount includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Traditional fats that are liquid at room temperature, such as seal and whale oil, or ooligan grease, also contain unsaturated fats. They can be used as all or part of the 2-3 tablespoons of unsaturated fats recommended per day.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard, shortening and bacon fat.

*Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information. Consult local, provincial or territorial governments for information about eating locally caught fish.

Respect your body... Your choices matter

Following Canada's Food Guide and limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body. Examples of foods and drinks to limit are:

- pop
- fruit flavoured drinks
- sweet drinks made from crystals
- sports and energy drinks
- candy and chocolate
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

People who do not eat or drink milk products must plan carefully to make sure they get enough nutrients.

The traditional foods pictured here are examples of how people got, and continue to get, nutrients found in milk products. Since traditional foods are not eaten as much as in the past, people may not get these nutrients in the amounts needed for health.

People who do not eat or drink milk products need more individual advice from a health care provider.



Women of childbearing age

All women who could become pregnant, and pregnant and breastfeeding women, need a multivitamin with folic acid every day. Pregnant women should make sure that their multivitamin also contains iron. A health care provider can help you find the multivitamin that is right for you.

When pregnant and breastfeeding, women need to eat a little more. They should include an extra 2 to 3 Food Guide Servings from any of the food groups each day.

For example:

- have dry meat or fish and a small piece of bannock for a snack, or
- have an extra slice of toast at breakfast and an extra piece of cheese at lunch.

Women and men over the age of 50

The need for vitamin D increases after the age of 50.

In addition to following Canada's Food Guide, men and women over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

For strong body, mind and spirit, be active every day.



This guide is based on *Eating Well with Canada's Food Guide*.

For more information, interactive tools or additional copies visit Canada's Food Guide at: www.healthcanada.gc.ca/foodguide

or contact: Publications • Health Canada • Ottawa, Ontario K1A 0K9 • E-Mail: publications@hc-sc.gc.ca • Tel.: 1-866-225-0709 • TTY: 1-800-267-1245 • Fax: (613) 941-5366

Également disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien - Premières Nations, Inuit et Métis

This publication can be made available on request on diskette, large print, audio-cassette and braille.

Mini pizzas

English muffin or pita bread (whole wheat if available or use bread slices or buns)

Tomato Sauce (low salt if available – make your own sauce from tomato paste, water and Italian spices)

Chopped vegetables – peppers, onion, mushrooms, broccoli, pineapple

Cooked meat (optional)

Shredded mozzarella cheese

Assemble pizzas by spreading English muffin or pita with tomato sauce and topping with vegetables and meat and cheese. Bake in oven or microwave until the cheese has melted.

Healthy Spaghetti Sauce

1 onion, chopped

1 lb lean or extra lean ground beef (can also use ground chicken or turkey for an extra healthy option)

1 can low sodium diced tomatoes

1 small can tomato paste

2 large carrots, diced

1 red bell pepper, diced

1 Tbsp vinegar

2 tsp Italian spices or 1 tsp dried basil and 1 tsp dried oregano

Salt and pepper (use salt sparingly)

Put chopped onion and ground beef in a large sauce pan on medium high heat. Cook until the meat is brown and the onion is soft and transparent (cooking the meat and the onion together saves time and you don't have to add oil to cook the onion). Add diced tomatoes and tomato paste. Add diced carrot and bell pepper*. Add vinegar and spices. Simmer for 15 or 20 minutes until vegetables are cooked.

*If you prefer, you can cook the carrots and bell pepper separately, puree them and add them to the sauce. It's a great way to hide vegetables – nobody will know!

Chicken Strips

2 chicken breasts

½ c low fat plain yogurt

1 cup dry plain bread crumbs (make your own with whole wheat bread – let the bread dry and blend in a food processor until the crumbs are fine)

2 Tbsp parmesan cheese

1 tsp oregano

1 tsp chilli powder

Pinch of salt

Mix bread crumbs, cheese and spices together in a bowl or in a pie plate (for easy dipping). Cut chicken breasts into two inch long strips. Dip each strip in yogurt, then in the crumb mixture. Place on a cookie sheet lined with tin foil. Bake at 350 degrees for 15 minutes or until strips are no longer pink in the middle. Eat them hot or cold.

Home Baked Fries

2 medium potatoes, peel and slice thin or cut into French fry shapes

2 Tbsp olive oil or vegetable oil.

3 tsp spices – choose one or several of the following – try different mixes! Oregano, basil, rosemary, chilli powder, onion or garlic powder.

Pinch of salt

Combine oil and spices in a large bowl. Add sliced potato and toss. Pour mixture onto a tin foil-lined baking sheet and spread evenly. Bake at 425 degrees for 20 minutes or until potatoes are golden brown, flipping the potatoes half way through.

Hint – thinly sliced potatoes don't have the French fry taste but may turn out crunchier.

This recipe also works with sweet potatoes or yams.

Smoothies

1 cup 100% juice. Orange juice works well

1 cup plain or flavoured yogurt

1 cup fresh or frozen fruit – berries, peaches, pears, banana, kiwi

OR If you use plain yogurt and milk instead of juice, you can add 1-2 Tbsp cocoa powder, 1 Tbsp sugar and have a delicious chocolate fruit smoothie.

Put all ingredients in a blender and blend until smooth. If it's too thick, add more milk, juice or water.

Fruit and yogurt parfait

½ cup your favourite flavour of yogurt

½ cup your favourite fresh, frozen or canned fruit (if frozen, thaw a little in the microwave or on the counter)

¼ cup low fat granola.

Spoon the yogurt and fruit into a clear glass or bowl in layers. Sprinkle the granola on top and enjoy!

Whole Wheat Banana Chocolate Chip Muffins

2 ripe bananas
1/3 cup vegetable oil
½ cup brown sugar
2 eggs

¾ cup white flour
1 cup whole wheat flour
1 tsp baking powder
1 tsp baking soda
½ tsp salt
½ c chocolate chips

1 Tbsp white sugar
1 tsp cinnamon

In a blender, mix bananas, oil, sugar and eggs until smooth (if you don't have a blender, mash the bananas with a fork and mix in the oil, sugar and eggs). In a bowl, mix together white flour, whole wheat flour, baking powder, baking soda, salt and chocolate chips. Pour the banana mixture into the flour and stir until just mixed. Spoon batter into greased muffin tins. In a small bowl mix together white sugar and cinnamon. Sprinkle cinnamon sugar over each muffin. Bake at 350F for 12-15 minutes or until muffins are springy when pressed in the middle.

How healthy is your diet? Fill in the chart to find out!

Food group	Number of Servings Eaten	Recommended # of servings from Canada's Food Guide	Areas to improve (✓)
Vegetables and fruit			
Grains			
Milk and Alternatives			
Meat and Alternatives			
Foods not in the food guide		Zero or as few as possible!	
Recommendation	Followed (✓)	Not followed (✓)	
One dark green vegetable			
One dark orange vegetable			
Half of grain products whole grain			
Low fat milk and alternatives			
Beans, fish or lean meats			
2-3 Tbsp oil			
Limit hard fats			
Prepare foods with little fat, salt and sugar.			

Example Day for a 30 year old woman:

Breakfast – 60g Corn Flakes, 1 cup 2% milk, ½ cup blueberries, ½ cup orange juice

Morning snack – Muffin, coffee with cream and sugar

Lunch – tuna sandwich on whole wheat bread with mayonnaise, apple, yogurt

Supper – 1 cup spaghetti, ½ c meat sauce, 1 cup spinach salad with 1 Tbsp oil and vinegar dressing

Evening Snack – small bag of chips.

Food group	Number of Servings Eaten	Recommended # of servings from Canada's Food Guide	Areas to improve (✓)
Vegetables and fruit	4	7-8	✓
Grains	6	6-7	
Milk and Alternatives	2	2	
Meat and Alternatives	2	2	
Foods to limit	2	Zero or as few as possible!	✓
Recommendation	Followed (✓)	Not followed (✓)	
One dark green vegetable	✓		
One dark orange vegetable		✓	✓
Half of grain products whole grain		✓	✓
Low fat milk and alternatives	✓		
Beans, fish or lean meats	✓		
2-3 Tbsp oil		✓	✓
Limit hard fats		✓	✓
Prepare foods with little fat, salt and sugar.	✓		

Meal Planning Tool

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Veg/Fruit							
Grain							
Milk/Alt							
Meat/Alt (optional)							
Lunch							
Veg/Fruit							
Grain/starch							
Milk/Alt							
Meat/Alt							
Water							
Supper							
Veg/Fruit							
Grain/starch							
Milk/Alt							
Meat/Alt							
Water							

The plate method

An easy way to set up Healthy meals

For more information on healthy life style:

Contact your Nutritionist at your local clinic

Canadian Diabetes Association
www.diabetes.ca

Diabète Québec
www.diabete.qc.ca

Dietitians of Canada
www.dietitians.ca

Nutrition Labelling Education Center
www.healthyeatingisinstore.ca

Health Canada, Food & Nutrition
www.hc-sc.gc.ca/fn-an/index_e.htm

Public Health Department of CBHSSJB
www.creepublichealth.org

Kino Quebec
www.kino-quebec.qc.ca

Active Living at work
www.phac-aspc.qc.ca



Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

The plate method

Eat healthy! Live healthy!
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Vegetables
2 or more different kinds
Fill half your plate with vegetables

Starch
One of these:
- Whole wheat Bannock
- Whole wheat bread
- Potatoes
- Whole wheat pasta
- Brown rice

Protein
One of these:
- Traditional meat
- Fish
- Skinless chicken
- Peanut butter
- Eggs

1 fruit or berries
ᑎᑎᑎᑎᑎ ᑎᑎᑎᑎᑎ ᑎᑎᑎᑎᑎ ᑎᑎᑎᑎᑎ

Milk or water
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Make your plate look like this...
ᑎᑎᑎᑎᑎ ᑎᑎᑎᑎᑎ ᑎᑎᑎᑎᑎ ᑎᑎᑎᑎᑎ

Let's try it!
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Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

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A visual tool to help you to:

- Control your blood sugar
- Prevent diabetes
- Prevent cardiovascular diseases, cancer and other chronic diseases

Imagine that your plate as four equal parts

Step 1 Use 1 part for starch



Take a regular* size plate

*About 9 inches (23 cm)

Let's look at each part of the plate

Starch

- Prefer whole grain breads and cereals, brown rice, whole grain noodles, regular oats, barley.
- By choosing whole grain products you are adding fibre* to your meal.

Step 2 Use 1 part for meat, fish or meat substitutes



Protein

- Proteins are found in traditional meat, store-bought meat and poultry, fish and substitutes like eggs, tofu, beans and peanut butter.
- Cook your meat and fish using low-fat methods: boil, bake, smoke, broil and roast.

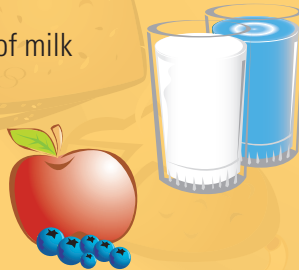
Step 3 Use 2 parts for vegetables



Vegetables

- 2 parts of veggies in your plate may be more vegetables than you are used to, but that's o.k. By eating more vegetables you are adding fibre*, vitamins, minerals and colors to your meal.
- A variety of vegetables are available all year around, fresh and frozen.

Step 4 You can have a glass of milk or water and a fruit to complete your meal



Milk or Water

- Choose milk or water with your meal.
- A glass of milk will bring many nutrients, including calcium and vitamin D that are good for bones.
- Water ... is life!

Fruit

- Choose a fresh, frozen or a canned fruit... Fruit make excellent dessert.

Note *Foods high in fibre help to keep our bowels regular and makes us feel full. Eating regularly a variety of high-fibre foods may also help you to control your blood sugar and your cholesterol levels.

Questions for Menu Planning Telehealth Presentation

1. Meal planning is helpful because
 - a) It saves you time
 - b) It helps you stay on track with healthy eating
 - c) It saves you money
 - d) All of the above

2. Which of the following would a balanced, healthy snack?
 - a) Bag of chips
 - b) A piece of whole wheat toast with peanut butter
 - c) Mr. Noodles
 - d) Crackers

3. If you planned your meals and there weren't enough fruits and vegetables to meet Canada's Food Guide what would you do?
 - a) Ignore it. It's good enough.
 - b) Add another vegetable for supper
 - c) Plan a snack that has vegetables or fruit
 - d) Any of the above
 - e) b or c

4. I would feel comfortable teaching others in my community to plan healthy menus.

Disagree 1 2 3 4 5 Agree