

# Balanced meals

A balanced meal includes foods from three categories in Canada's Food Guide. Use the food examples shown below to choose a variety of foods.



**Vegetables and fruit**  
1/2 plate

**Protein foods**  
1/4 plate

**Whole grain foods**  
1/4 plate

## Vegetables and fruit

- |              |                |              |              |
|--------------|----------------|--------------|--------------|
| Asparagus    | Kale           | Apples       | Lychee       |
| Avocados     | Lettuce        | Applesauce   | Mangoes      |
| Beets        | Mushrooms      | Apricots     | Melon        |
| Bell peppers | Peas           | Bananas      | Nectarines   |
| Bok choy     | Potatoes       | Blackberries | Oranges      |
| Broccoli     | Radishes       | Blueberries  | Peaches      |
| Cabbage      | Snow peas      | Cherries     | Pears        |
| Carrots      | Spinach        | Clementines  | Pineapple    |
| Cauliflower  | Squash         | Dates        | Plums        |
| Celery       | Sweet potatoes | Figs         | Pomegranates |
| Corn         | Tomatoes       | Grapefruit   | Raisins      |
| Cucumbers    | Turnip         | Grapes       | Raspberries  |
| Green beans  |                | Kiwi         | Strawberries |

## Protein foods

- |         |         |                                     |        |
|---------|---------|-------------------------------------|--------|
| Beans   | Fish    | Mussels                             | Tempeh |
| Beef    | Hummus  | Nuts and seeds                      | Tofu   |
| Cheese  | Kefir   | Peanut butter and other nut butters | Turkey |
| Chicken | Lentils | Pork                                | Veal   |
| Eggs    | Milk    | Shrimp                              | Yogurt |

## Whole grain foods

- |         |                   |          |           |
|---------|-------------------|----------|-----------|
| Bagels  | Chapati           | Naan     | Quinoa    |
| Bannock | Couscous          | Noodles  | Rice      |
| Barley  | Crackers          | Orzo     | Oats      |
| Bread   | English muffins   | Pancakes | Rotini    |
| Buns    | Macaroni          | Pitas    | Spaghetti |
| Bulgur  | Muffins, homemade | Polenta  | Tortillas |
| Cereal  |                   | Popcorn  |           |

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# Build a balanced plate

Include foods from the three categories in Canada's Food Guide.

