

# What's *Healthy* on the Menu?



Today, more and more people are concerned about their health and what they are eating. Restaurants and cafeterias can help consumers make healthier choices by offering nutritious foods on their menus. Use *Canada's Food Guide* to help plan your meals.

The following information provides easy suggestions on how to offer healthy menu options at your food premise.

## On the menu offer:

- A variety of brightly coloured vegetables and fruit
- Whole grain products (e.g., whole grain breads, buns, roti, tortillas, pizza crust, whole wheat pasta, brown rice and whole grains such as barley, oats and quinoa)
- Lower-fat dairy products such as skim, 1% or 2% milk and cheeses with less than 20% M.F.
- Leaner meats such as skinless chicken, lean beef or pork tenderloin
- A selection of meat alternatives such as fish, beans, lentils, chick peas, nuts, and tofu
- Consider healthier ways to prepare foods such as: grilling, stir-frying, steaming, baking, broiling, poaching, roasting and barbecuing
- Use healthier fats such as canola, olive, safflower, sunflower, soybean or peanut oils in cooking, salad dressings, and sauces. Avoid using hydrogenated fats and shortening

Healthy options...	
<b>Appetizers</b>	
<ul style="list-style-type: none"> <li>• Broth-based soups with vegetables</li> <li>• Grilled appetizers (e.g. grilled calamari or vegetables)</li> <li>• Bruschetta</li> </ul>	<ul style="list-style-type: none"> <li>• Whole-grain breads and buns</li> <li>• Pita and hummus</li> <li>• Dark green leafy salads with oil and vinegar or low-fat salad dressings (offer dressings on the side)</li> </ul>
<b>Main Entrées</b>	
<ul style="list-style-type: none"> <li>• Pasta with tomato or pesto sauce</li> <li>• Vegetarian chilli</li> <li>• Lower-fat luncheon meats such as pastrami, turkey, chicken, lean ham, or roast beef</li> </ul>	<ul style="list-style-type: none"> <li>• Broiled or grilled meat, chicken, fish or seafood</li> <li>• Sandwiches made with lower-fat condiments such as mustard, low-fat mayonnaise, or salsa</li> </ul>
<b>Side Dishes</b>	
<ul style="list-style-type: none"> <li>• Baked potato</li> <li>• Brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed or stir-fry vegetables</li> <li>• Leafy green salads</li> </ul>
<b>Desserts</b>	
<ul style="list-style-type: none"> <li>• Frozen yogurt</li> <li>• Fresh fruit or fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>• Lower-fat muffins, biscotti</li> <li>• Angel food cake, waffles</li> </ul>
<b>Beverages</b>	
<ul style="list-style-type: none"> <li>• Water</li> <li>• 100% fruit or vegetable juice</li> <li>• Fruit smoothies</li> </ul>	<ul style="list-style-type: none"> <li>• 2%, 1% or skim milk or soy beverage</li> <li>• Specialty coffees made with 2%, 1% or skim milk</li> </ul>

If you have nutrition or food related questions, contact *EatRight Ontario* at 1-877-510-5102.