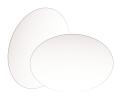


PICK YOUR PROTEIN



Chicken: deli chicken breast, fresh/frozen lean cuts, lean ground chicken

Turkey: deli turkey breast, fresh/frozen lean cuts, ground turkey

Fish: canned tuna/salmon, fresh/frozen fish

Seafood: crab, fresh/frozen clams, lobster, mussels, scallops or shrimp

Beef: fresh/frozen non-marbled, Lean ground beef or trimmed cuts of beef

Pork: deli ham, pork loin, pork tenderloin or roasted ham

Lamb: fresh/frozen lean cuts

Game: all types fresh/frozen lean cuts

Eggs

Cheese: cottage cheese, hard block cheeses, soft cheeses

Milk or Yogurt

Soy Milk: calcium fortified

Soy Products: roasted soy beans, tofu or soy burgers

Beans/Legumes: any beans or lentils canned or dried

Hummus or Falafel

Nuts/Seeds: Any nuts/seeds

Peanut Butter/Other Nut Butters

ADD A WHOLE GRAIN



Hot Cereal: oatmeal, oatbran, Red River or Sunnyboy

Dry Ready-to-eat Cereal: High Fibre and low sugar (30 g serving should have >4 g fibre and <8 g sugar)

Pancakes or waffles: whole wheat/whole grain more often

Bread: multigrain, 100% whole grain whole wheat, rye

Buns: multigrain or whole wheat more often

Pita: whole wheat more often

Wraps: multigrain or whole wheat more often

English Muffins: whole wheat more often

Bagels: multigrain or whole wheat more often

Pasta: Try whole wheat

Rice: Basmati, brown, wild

Potatoes/sweet potatoes/yams: try baked, mashed or grilled

Corn: fresh/frozen

Couscous: try whole wheat

Crackers: whole wheat

Muffins: low-fat, high-fibre, homemade

Other Grains: barley, buckwheat, millet or quinoa

1, 2, 3

Make Your Meal!

DON'T FORGET A VEGGIE/FRUIT



Raw veggies: carrots, cucumber, cherry tomatoes, broccoli, cauliflower, snap peas, radishes, or any other raw veggie of choice

Frozen Veggies: Any frozen veggie combination

Cooked Veggies: asparagus, broccoli, zucchini, carrots, cauliflower, kale, eggplant, green/yellow beans, mushrooms, peas or squash

Leafy greens: cabbage, arugula, romaine lettuce, spinach, mixed leafy greens, kale

Salsa or Tomato Sauce

Vegetable Soup

Fresh Fruit: apples, apricots, bananas, berries, cantaloupe, cherries, grapefruit, grapes, kiwi, mangos, melon, nectarines, oranges, peaches, pears, pineapple, plums or watermelon

Frozen Fruit: bananas, berries, grapes, peaches or rhubarb

Dried Fruit: apples, apricots, cranberries, dates, dried fruit bars, figs, raisins, prunes or any other unsweetened dried fruit

Canned Fruit: unsweetened applesauce or other fruit sauce, any fruit canned in water and fruit

100% Real Juice: carrot, tomato, unsweetened fruit juice



Sarah Remmer RD
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Nutrition Coaching and Resources for Expectant & New Moms

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