

## 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**  
From Stork to Fork Nutrition For Real Life

Nutrition Coaching and Resources for Expectant & New Moms

Created by: **Sarah Remmer, BSc., RD, CDE**  
E-mail: [sarah@sarahremmer.com](mailto:sarah@sarahremmer.com) P: 403.389.3284  
[www.nutrioconsulting.ca](http://www.nutrioconsulting.ca) [www.sarahremmer.com](http://www.sarahremmer.com)