



## HEALTHY FOOD CHOICES

**Nutrition Tip:** It is important to choose both a protein and carbohydrate for each meal. The following is a list of good food choices for each meal. Make sure you are having 5-6 servings of vegetables every day.

The following food choices are based on Canada's Food Guide. Specialty whole grains, spices, and oils can be found at the supermarket, specialty stores/markets or health food stores.

Healthy Proteins
<b>FISH</b>
Bass
Clams
Cod
Mackeral
Mussels
Salmon
Snapper
Swordfish
Water packed tuna
Whitefish
<b>MEAT</b>
Beef tenderloin
Bison
Lean pork roast
Lean ground Beef/ Turkey
Pork tenderloin
Round steak
Sirloin steak
Skinless chicken breast
Skinless turkey breast
Roast beef
Lean ham roast
Game meat
<b>DAIRY/OTHER</b>
Almond/oat/hemp milk
Egg white
Egg white substitutes
fat/sugar free plain yogurt
Kefir yogurt/Greek Yogurt
Low carb/sugar protein powder
Low fat cheese
Low-fat cottage cheese
Skim milk, soy/rice milk
Tofu
<b>NUTS &amp; BUTTERS</b>
100% natural organic peanut/almond/cashew butter
Raw Almonds
Ground flax
Ground Salba
Raw Pumpkin seeds
Soya nuts
Raw Sunflower seeds
Walnuts

Healthy Carbs
<b>FRUITS</b>
Acai berries (or natural juice)
Apple
Apricots/Plums
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Gogi berries (or natural juice)
Grapefruit
Grapes
Honeydew
Lemon/lime
Orange/tangerines
Pears
Pineapple
Raspberries
Strawberries
Unsweetened apple sauce
Watermelon
<b>VEGGIES</b>
Asparagus
Avocado
Baked potato
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Eggplant
Green/yellow beans
Kale
Mushrooms
Peas
Peppers
Pumpkin
Radish
Romaine lettuce
Spinach
Sprouts (alfalfa/bean)
Squash
Tomato
Tomato paste
Turnips
Yams/sweet potato
Zucchini

Healthy Carbs cont'd
<b>ALLIUM FAMILY</b>
Chives
Garlic
Leeks
Onion
Scallions
Shallots
<b>WHOLE GRAINS</b>
100% Stone ground whole grain bread/pasta
100% whole wheat/multigrain tortilla
Amaranth
Barley
Buckwheat
Couscous
Quinoa
Rolled/steel cut oats
Rye bread-yeast free
Spelt
Sprouted grain bread (Ezekiel bread)
Whole grain/wild rice
Whole wheat orzo
<b>BEANS &amp; LEGUMES</b>
Beans (kidney, black, navy, pinto, soya)
Chickpeas
Lentils

Healthy Fats
<b>COOKING OILS</b>
✓Extra virgin olive oil
✓Safflower oil
✓Pumpkin oil
✓Sunflower oil
Canola oil/ spray
Corn oil
Extra virgin olive oil spray
Flax seed oil
Peanut oil
Soybean oil
<b>ADDITIONAL HEALTHY FATS:</b>
Avocados
Fish oil (including Omega3)
Mixed nuts/seeds
Olives
✓ = top choices



### Healthy Food Choice Reminders:

- ✓ Ensure your nut/nut butter choices are unsalted.
- ✓ Always choose "in-house", nitrate-free deli meats.
- ✓ Do not use sugary fruit/vegetable drinks as a substitute for your fruit & veggie intake.
- ✓ Be aware of nut/seed mixtures that have been roasted in hydrogenated oils.
- ✓ Don't take food packaging at face value – get familiar with food labels, nutritional value, and ingredient lists.



## Understanding Food Groups

**Protein** - Protein is essential for building and repairing important body tissue such as muscle & organs. Always choose lean cuts of meat, and consider buying organic meat, free from antibiotics and hormones. Be aware of fish packed in oil – always opt for water packed fish.

**Carbohydrates** - *Whole grains* – Whole grains have been shown to reduce the risk of heart disease by lowering cholesterol levels and blood pressure. They provide our bodies with an excellent source of fibre, and important vitamins and minerals such as iron and magnesium. Avoid white, processed, or bleached flours. Look for whole grain products that truly do utilize the *entire* grain or seed.

**Fruits & Veggies** – Fruit and vegetables are an excellent source of vitamins and minerals, and add fibre to the diet as well. In addition, they provide a great source of antioxidants, phytonutrients and immune enhancers. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have reduced risk of many chronic diseases. Fruits and vegetables provide nutrients vital for health and maintenance of your body.

**Healthy Fats** - Healthy fats are important for brain function, disease prevention, and dealing with inflammation. Monounsaturated, polyunsaturated, as well as Omega 3 are all examples of healthy or “good fats”. Steer clear of any products containing saturated or trans fats found in many processed and packaged foods. These “bad fats” can wreak havoc on the body, and put you at a much higher risk for disease.

## Spice it Up!

Herbs and spices offer a multitude of health benefits. Familiarize yourself with the benefits of these common spices, and try adding more spice to your meals.

**Cayenne pepper and Tabasco sauce** - Cayenne pepper and Tabasco sauce can increase metabolism and fat-burning ability by up to 25%.

**Ginger** - Ginger speeds metabolic rate, plus it inhibits nausea and vomiting often caused by morning sickness or motion sickness.

**Peppermint**- Peppermint is used to treat gastric and digestive disorders, as well as tension and insomnia.

**Mustard**-Mustard is a stimulant that can be used to relieve respiratory complaints.

**Horseradish** - Horseradish is a relative of the mustard family, and acts as a digestive stimulant.

**Cinnamon** -Cinnamon is often used as an antidote for diarrhea and stomach upset, and can also act as a metabolism booster.

**Allspice** -Allspice is an aromatic stimulant that helps to relieve indigestion and gas.

**Garlic**- Regular consumption of garlic can decrease blood pressure and cholesterol levels. It also aids digestion and prevents flatulence. Recent research shows garlic to be beneficial in the treatment of diabetes.

**Turmeric** - Turmeric is an antioxidant that neutralizes free radicals and therefore protects against cancer.

## Cheese Choices

**Cheese can be hard on digestion and high in fat. You should try and consume cheese in moderation.**

**Soft cheeses** - Generally softer cheeses are lower in fat, especially fresh cheeses like cottage, ricotta, quark, feta and mozzarella. These cheeses are bland in flavour and are therefore useful to carry other flavours.

You can use ricotta and quark in both sweet and savoury dishes including quiches. They also make great spreads on breads or bases for dips, especially when teamed with a vibrant flavour such as chilli or pesto. Use them when you need moisture, such as to bind stuffing for a chicken or as a topping on a baked potato.

The higher the moisture content of fresh cheeses the better the use in cold dishes. If you wish to add them to hot dishes such as casseroles, sauces or soups, remove the dish from the heat and add the cheese at the last minute to avoid curdling.

### Feta

Preserved in brine with a crumbly texture. Great in salads. Tends to be high in salt - try rinsing off the brine before using.

### Mozzarella

Has a stringy, stretchy texture. A bland tasting cheese, so is best used with flavoursome ingredients or in cooking such as a topping on pizza.

### Parmesan

Strongly flavoured with a unique aroma. The smell of fresh Parmesan is not as strong as powdered Parmesan. You need only small quantities for maximum effect - if you use 10g of Parmesan cheese at 30% fat that gives you less fat in total than using 50g of Edam cheese at 25% fat.



## 10 tips for Choosing Cheese

1. When cooking, use a stronger flavoured cheese. Stronger flavour = less amount needed.
2. Grated cheese goes further than sliced cheese - use a micro-plane grater for best results as it grates very finely.
3. Cheese is high in salt, so avoid adding extra salt to your recipe.
4. Crackers are usually high in fat - adding cheese increases the fat content even further.
5. Low fat cheeses can be good alternatives to full fat varieties - try mixing two different varieties together e.g. Edam for flavour and Mozzarella for texture
6. A cheese board and fresh fruit platter is a great option to take as a plate to an event.
7. Try serving a cheese board and fresh fruit platter instead of dessert - take the cheese out of the fridge for about an hour before serving as this allows the flavour to develop.
8. To avoid cheese going mouldy, buy smaller blocks or divide a larger block up and freeze.
9. Grated cheese freezes well and thaws quickly so you can use it straight from the freezer.
10. Eating a small amount of higher fat cheese occasionally may be a better choice than eating a larger amount of a lower fat, mild tasting cheese regularly.

### Preparation Tips

#### Fish:

**Preparation:** Broil, bake in oven or cedar plank on barbeque. Light olive oil spray.

**Common spices or cooking additives:** Lemon and pepper, lime, dill, 100% whole wheat bread crumbs, egg whites, paprika, chilli peppers/ powder, cayenne pepper, garlic, orange, lime or lemon zest. Try fruit salsa (common ingredients to use; strawberries, grapefruit, apples, mango, green onion, lime).

**Shrimp:** cumin, lemon, garlic, pepper.

**Tuna salad:** add cottage cheese instead of mayo, celery, onion, peppers.

*Serve with whole grain rice, yams or lentils*

#### Chicken/Turkey:

*Ways to eat: for dinner, in salads, wraps, soups, omelettes.*

**Preparation:** Broil, bake, steam, slow cook, Sautee (with chicken stock or light cooking spray), grill.

**Common spices or cooking additives;** tarragon, sage, thyme, lemon, lime, paprika, garlic, cayenne pepper, chilli peppers/powder, pepper, orange, lemon or lime zest.

Serve with fresh salsas

#### Pork:

**Preparation:** Broil, bake, slow cooker, stir fry (with sodium reduced chicken stock) or light cooking spray, grill.

**Common spices or cooking additives:** olive oil, stuff with Fruit (pear, apple, cranberry), ginger, pepper, unsweetened apple sauce, mustard, Dijon, onion powder, garlic, garlic powder.

Serve with fresh salsas.

#### Steak/ Other Meats:

Preparation: Broil, stir fry, slow cook, grill.

**Common spices or cooking additives:** Sodium free/MSG organic steak spice, cumin, ginger, garlic, garlic powder, cinnamon, tarragon, chilli powder, whole spice, peppercorns, onion powder.

### Additional Preparation Suggestions

**Low-fat cottage-cheese:** Mix in fruit, salsa, substitute for mayo in chicken and tuna salad, add to whole wheat lasagna.

**Fat free/sugar free yogurt:** Mix half yogurt with salad dressings, dips and cream sauces to reduce calories. Add to oatmeal. Always try to buy organic yogurt and avoid yogurt that contains thickeners, artificial flavours or sweeteners, and stabilizers. Avoid yogurt that contains added sweetened fruit and sugar.

**Kefir:** Add to oatmeal, shakes, make yogurt/fruit popsicles, add to cream sauces and dips. Have it as a drink and add two tablespoons of POM Wonderful (pure pomegranate extract).

**Soya nuts, pumpkin seeds, sunflower seeds:** Add to salads, breakfast cereals, oatmeal, replace flour and bread crumbs with nuts for breading fish and chicken. Make a sandwich wrap with coleslaw, broccoli slaw, dried cranberries and mixed nuts and seeds. Remember: use in moderation, and be careful of nuts/seeds roasted in hydrogenated oils.

**Whole wheat orzo:** Find in specialty grocery stores, organic sections of supermarkets, pasta isles. Eat with stir-frys, use as pasta or add to baking dish, add to salads.



**Barley:** Barley can be used as a delicious breakfast cereal, in soups and stews, and as a rice substitute for dishes such as risotto. Slow cook hot cereal (mix ½ barley with ½ steel cut oats, unsweetened apple sauce, milk, cinnamon, equal parts water).

**Quinoa:** For a delicious breakfast cereal, cook quinoa and add cinnamon, toasted nuts and seeds and unsweetened apple sauce. Cook it as porridge with cubed butternut squash. You can also mix it in with whole grain rice dishes, stews and casseroles. Serve it as side dish with meals (mix in olive oil, grated ginger, add beans or lentils, and sautéed vegetables).

**Couscous:** Serve as rice style dish, add diced peppers, green onions, spices, beans or lentils. Serve as a cold salad (add chickpeas, beans or lentils, green onions, lime juice, olive oil, balsamic vinegar, cabbage slaw, grated ginger). Goes great with chicken, pork, or salmon.

**Amaranth:** Use in popcorn maker to make popped amaranth as a snack. Use amaranth flour in baking recipes

**Salba:** Salba is a 100% natural whole food that is packed with nutrition. This ancient grain is rich in Omega 3 fatty acids, with an optimal 3 to 6 ratio, beneficial fibre, calcium, magnesium, iron, vitamin C, potassium, vegetable proteins plus vital age-fighting antioxidants.

**Buckwheat:** Add cooked buckwheat to soups, enjoy as a breakfast porridge with fresh berries, mix it with diced onion and ginger and use to stuff mushrooms. Toss cooked buckwheat in salads, add soy sauce, and serve as a side dish with fish or chicken

**Beans/Legumes:** Add to salads, rice dishes, casseroles, tuna salad, whole grain salads, wraps.

**Yams/Sweet Potatoes:** Bake, broil or use in casserole. Dice in cubes or slice like fries. Use a light cooking spray, and try adding cinnamon or cumin powder for spice.

## Daily Breakfast Meal Plan Ideas

See attached recipes

### Monday (Toast choices)

1. 1 slice of 100% whole grain toast, 3-4 egg whites fried in 1 tsp safflower oil, one small cube of low fat cheese, vegetables. Make a toasted tomato sandwich with cheese and dark leafy lettuce. Use hummus or light cream cheese to spread instead of mayo or butter.
2. Whole wheat or multigrain bagel with light cream cheese, 3 slices of cucumber, small handful of berries
3. 2 slices of 100% whole grain or multigrain toast with 1 tbsp nut butter, 3 fresh strawberries, 1 non-fat yogurt cup

### Tuesday (Cereal choices)

1. Fresh muesli with yogurt and berries
2. Natural granola with berries and yogurt
3. Mixed cereals (100% whole grain), sugar-free yogurt with fresh fruit salad

### Wednesday (Omelette choices)

1. Mixed vegetables, ham and cheese omelette
2. Chicken and broccoli omelette
3. Mexican fiesta omelette. Add hot peppers, mixed peppers and tomatoes.
4. Feta cheese and egg white omelette with green onion
5. French twist egg white omelette

### Thursday (Oatmeal choices)

1. Sweet and nutritious oatmeal
2. Applesauce oatmeal
3. Crock-pot porridge (this one's great!) Add steel cut oats, ground flax seed, barley, quinoa, unsweetened applesauce. Throw in mixed unsalted nuts in the end.
4. Baked oatmeal

### Friday (scrambled egg wrap choices)

Add in all kinds of veggies and some light cheese. Wrap in a 100% whole wheat tortilla.

**Add in ideas:** mixed peppers, tomato, onion, green onion, low-fat cheddar or cottage cheese, shredded spinach, ground turkey, ham. Serve with fresh fruit.



### Saturday (Smoothie choices)

- Simple Sunshine Smoothie
- Breakfast in a Blender
- Vitamin Booster Smoothie
- Sweet Smoothie
- Power Smoothie
- Berry Plus Smoothie

### Sunday (CHEAT DAY for Breakfast)

## Recipes

### Cereal/Fruit Salads

#### Natural Granola with Berries and Yogurt

Make your own granola using sunflower seeds, walnuts, flax seeds, dried fruit (be careful of sugar content) etc., or buy natural granola low in sugar. Or, add 1 tbsp of ground flax seed into small bowl. Add chopped apples, ground walnuts and berries. Mix with a bit of yogurt or cottage cheese.

#### Cottage Cheese with Mixed Tropical Fruit Salad

##### Ingredients:

- ½ cup cubed mango
- ½ cup blueberries
- ½ medium sliced kiwi
- 1 cup 1% cottage cheese
- 6 raw almonds

*Method: Add fruit & almond mixture to cottage cheese*

#### Cold Cereal with Berries Ingredients:

- 1 cup whole-grain, high-fibre cereal (at least 5 g of fibre per serving). Mix different kinds of cereal with ½ cup skim milk/almond milk/soy milk
- 1 cup sliced strawberries

#### Fresh Muesli with Yogurt and Berries

##### Ingredients:

- 1 cup low-fat cottage cheese (whipped) or yogurt
- ½ cup skim milk soured with 1 tsp lemon juice or buttermilk
- 1tbsp organic honey
- 2 tbsp flax oil
- 2 tbsp ground flax seed
- 1 apple peeled and grated
- 1 tbsp ground walnuts
- 1 tsp cinnamon
- ½ cup blueberries
- ½ cup raspberries

*Method: In a medium bowl blend whipped cottage cheese or yogurt with soured milk or buttermilk, honey, flax oil and cinnamon.*

### Eggs

#### Feta Cheese and Egg White Omelette

##### Ingredients:

- 1 tsp extra virgin olive oil
- 4 egg whites
- 5 halved grape tomatoes
- 2 tbsp reduced fat (less than 5g/serving) feta cheese
- Ground black pepper (optional)
- 1 tbsp light trans-fat-free margarine
- 1 whole wheat English muffin, toasted

*Method: Cook eggs with tomato & feta cheese.*

#### Mixed Veggies, Ham and Cheese Omelette

##### Ingredients:

- 1 cup mixed peppers, mushrooms, zucchini and onion
- 1 tsp olive oil
- 2 tbsp diced extra-lean ham
- 2 tbsp shredded light cheddar cheese
- 4 egg whites
- 1 tbsp skim milk

*Method: Fry veggies and ham in olive oil. Beat eggs and milk together then add cheese. Pour over fried veggies and cook. Flip and serve.*

#### Chicken and Broccoli Omelette

##### Ingredients:

- 1 tsp olive oil
- 5 or 6 small cubes of leftover chicken ½ steamed broccoli
- ¼ cup grated light cheddar cheese
- 4 egg whites
- 1 tbsp skim milk

*Method: Steam cook broccoli in microwave for 2-3 mins, cook chicken in pan (leftovers work great). Mix eggs & milk and add to pan with broccoli & cheese. Flip and serve.*

#### Mexican Fiesta Omelette

##### Ingredients:

- 1 tsp olive oil
- ½ cup mixed peppers
- 2 tbsp diced tomatoes
- 2 tsp fresh salsa
- 2 tbsp shredded light cheddar cheese
- 4 egg whites

*Method: Mix everything but salsa together and cook. Add salsa once cooked*

#### French Twist Egg White Omelette

##### Ingredients:

- ½ tsp oil, 3 egg whites
- 2 cups steamed asparagus, chopped
- 1 sliced lean pepper, ½ cup lean chopped ham
- 1 wedge reduced-fat spread cheese, ½ tbsp light trans-fat-free margarine, 1 slice whole wheat toast

*Method: Add the egg whites. Cook for 1 to 2 minutes, until starts to solidify. Add asparagus, ham & cheese.*



## Oatmeals/Cold Cereals

### Greek Yogurt Parfait

#### Ingredients:

¼ cup dry oats  
¾ cup raspberries, 7 walnuts  
1 cup 0% Greek yogurt

*Method: Add ingredients to yogurt and stir.*

### Sweet and Nutritious Oatmeal

#### Ingredients:

½ cup quick cooking oats, ½ cup vanilla soy milk  
½ cup red grapes, halved  
1 tsp cinnamon, 1 tbsp ground flax seed  
8 broken walnut halves

*Method: Combine oats and soy milk. Cook according to package directions. Stir in grapes, walnuts, cinnamon.*

### Apple Sauce Oatmeal

#### Ingredients:

1 cup oats, 1 tsp cinnamon, 1 tbsp ground flax, 1 tbsp dried cranberries, ½ cup unsweetened applesauce

*Method: Cook oatmeal, add ingredients and serve*

### Crock-Pot Porridge

#### Ingredients:

½ cup cracked wheat 1 ½ cup steel cut oats  
½ cup rye flakes  
½ cup brown rice  
6 ½ cups water or split water with combination of rice milk, soy milk or almond milk  
½ cup raisins  
½ cup chopped dates 1 ½ tsp vanilla, pinch of nutmeg

*Method: Stir in all ingredients to crock pot. Set on low if cooking over night*

### Baked Oatmeal

#### Ingredients:

2 cups old fashioned oats  
2 cups skim or soy milk  
½ tsp vanilla  
½ cup slivered almonds  
½ cup dried cranberries  
1 large unpeeled apple, grated  
2 tbsp natural honey  
Cooking spray

*Method: Prepare oven to 400F. Coat a large casserole dish with cooking spray. Combine ingredients in bowl. Bake uncovered for 45 mins.*

### Extra Oatmeal toppings:

Mixed berries, chopped apple, chopped banana, raisins, dried fruit, flax seed, bee pollen, wheat germ, low fat yogurt,

unsweetened applesauce, maple flakes.

## Smoothies

### Simple Sunshine Smoothie

#### Ingredients:

½ cup non-fat cottage cheese  
½ cup milk- skim, soy, rice, almond, goat  
½ tsp vanilla  
1 tsp lemon flavoured avocado oil  
1 scoop protein  
1 navel orange, peeled  
1tbsp wheat germ  
Ice cubes

*Method: Puree all ingredients*

### Breakfast in a Blender

#### Ingredients:

1 scoop whey protein  
1/3 cup dry oats  
2/3 cup water or milk  
1 tbsp natural almond butter  
1 frozen banana  
1 tbsp unsweetened applesauce  
1 tbsp ground flax seed  
1 tbsp wheat germ

*Method: Blend all ingredients, add ice if desired*

### Vitamin Booster Smoothie

#### Ingredients:

½ cup alfalfa Spouts  
¼ cup frozen strawberries, ¼ cup frozen mixed berries  
¼ frozen mango  
1 tsp flax seed oil, 1 tbsp organic honey  
1 scoop whey protein  
1 cup cold water

*Method: puree all ingredients*

### Sweet Smoothie

#### Ingredients:

½ cup skim milk  
1 cup 0% Greek yogurt  
2 tbsp ground flaxseed  
½ cup cubed mango, ½ cup frozen strawberries  
1 tsp vanilla extract  
4 ice cubes (optional)

*Method: Combine all ingredients on high until smooth and creamy. Add ice cubes for an icy consistency.*

### Power Smoothie

#### Ingredients:

1 cup skim milk  
1 tbsp sunflower seed butter (no salt added)  
1 scoop chocolate protein powder  
4 ice cubes

*Method: In a blender, combine all ingredients. Blend on high until smooth and creamy.*



## Berry Smoothie

### Ingredients:

- 1 cup vanilla soy milk
- 1 scoop strawberry protein
- ½ cup chopped pineapple
- 1 small sliced banana
- 4 ices cubes

*Method: Combine in blender*

## Salsa, Dips, and Spreads

### High-Fibre Bean Dip

*Serve with pita chips or bread, bagel bites, 100% whole grain crackers, veggie sticks*

### Ingredients:

- 1 x 15 oz / 425g can red kidney beans, rinsed and well drained
- 1 ½ tsp / 8 ml extra virgin olive oil
- 1 tsp / 5 ml chilli powder
- 1 tsp / 5 ml dried oregano
- ½ small onion, minced fine
- 1 clove garlic, minced
- Pinch of sea salt and fresh black pepper to taste

**Method:** Blend the red kidney beans and olive oil until the mixture resembles a paste. Add remaining ingredients and mix well. Transfer to a bowl and cover with plastic wrap. Refrigerate. Enjoy this bean dip with bread, veggies, in wraps etc. Try it on grilled chicken for a change of flavour.

### White Bean Spread with Tuna

*Serve on a piece of bread or with whole wheat crackers*

### Ingredients:

- 1 tbsp / 15 ml extra virgin olive oil, 1 cup / 240 ml chopped Vidalia onion
- 3 cloves garlic passed through a garlic press
- 1 can white beans of choice – white kidney beans, pinto, navy
- 2 tbsp / 30 ml lemon or lime juice
- 2 tbsp / 30 ml chopped fresh parsley or cilantro, trimmed
- 1 tsp / 15 ml fresh dill, chopped
- 8 oz / 224 g albacore tuna, water packed
- Sea salt and fresh ground black pepper to taste

**Method:** Heat oil in small frying pan and sauté onions until just translucent. Do not over-brown. Transfer pan contents to food processor. Add remaining ingredients. Pulse until just blended for a chunky version or longer for a smooth version. Serve on flat bread, in pita bread or wraps. Be creative!

### Grapefruit Salsa

*Serve with meat or in a bowl with a side of yogurt.*

### Ingredients:

- 1 sweet, red, large grapefruit
- 1 medium navel orange
- ½ cup / 120 ml purple onion chopped finely, 1 small red bell pepper, seeded and deveined

1 clove garlic, passed through a garlic press, juice of one fresh lime

- ¼ cup fresh cilantro, chopped fine
- Sea salt and fresh ground pepper to taste

### Method:

Pare grapefruit and orange. Hold fruit over glass bowl to catch pulp and juices. Remove skin, pith, and tougher membranes. Place fruit in a glass serving bowl, along with juices. Squeeze any remaining juice out of the remnants. Add remaining ingredients and toss. Refrigerate if not using right away. Serve cold or at room temperature.

### Garlic Hummus Dip

This dip can be eaten with whole wheat crackers (look for sodium reduced, baked) or vegetable sticks, or try using as a sandwich spread. Chickpeas are a good source of cholesterol-lowering fibre, as are most other beans. In addition, chickpeas high fibre content prevents blood sugar levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycaemia. When combined with whole grains it provides virtually fat-free high quality protein.

## Healthy Snack Ideas

- 1 ½ oz spreadable reduced-fat cheese
- 10 small whole-grain crackers
- ½ cup skim milk
- ¾ cup high-fibre (at least 5 g of fibre), high-protein cereal (at least 10 g of protein)
- 1 cup apple slices with 1 ½ tbsp crunchy natural peanut butter
- 1 reduced-fat string cheese (4 g of fat or less)
- 1 cup red or green grapes
- 5 oz 0% Greek yogurt
- 1 cup sliced strawberry, raspberry and blueberry fruit cup, 3 tbsp light chocolate syrup
- 5-8 small whole grain crackers
- 5 large shrimp, 3 tbsp cocktail sauce
- 5 sliced strawberries
- 8 walnut halves
- 10 grape tomatoes
- 5 whole-grain crackers, 4 tbsp hummus
- 1 cup lentil soup
- 2 crisp breads with 4 tbsp avocado
- 1 container sugar-free low-fat pudding with 1 cup sliced strawberries, 1 tbsp slivered almonds
- 1 small square dark chocolate (at least 70% cocoa) with 12 oz skim or soy milk
- 1 hard-boiled egg
- 7 reduced-fat whole-grain crackers
- ½ - 1 can water-packed tuna with low fat mayonnaise and mustard to taste, on whole wheat bread
- 1 cup low fat granola topped with ½ serving of Whey Gourmet powder & plain yogurt
- Sugar-free, fat-free yogurt or low fat cottage cheese
- Chopped veggies
- Celery sticks with natural peanut butter