



# Tips for Choosing Recipes that Inspire Healthy Eating

Finding recipes that are healthy can be difficult and time-consuming. Here are a few tips to help make better recipe choices a little easier for you.

## Recipe: Tuna Casserole (4 servings)

### Grains Products:

Look for recipes that use **whole grains** and whole grain products (barley, brown rice, oats, quinoa, wild rice).

### Vegetables and Fruit:

Look for recipes that use **dark green** and **orange** vegetables and/or fruit (broccoli, spinach, carrots, sweet potatoes, winter squash, mangos).

### Milk and

**Alternatives:** Look for recipes that use 2% or less milk fat (milk- soya or cows, evaporated milk, yogurt, and cottage cheese).

## Ingredients

1 can (7 oz)	Tuna	196 g
2 cups	Rice, cooked	500 mL
1 can (10 oz)	Peas, drained	280 g
2 tsp	Margarine	10 mL
½ cup	Onions, chopped	125 mL
5 tsp	Flour	25 mL
1 cup	Milk	250 mL
½ tsp	Worcestershire Sauce	2 mL
⅛ tsp	Pepper	½ mL
½ cup	Cheddar cheese, grated	125 mL

### Nutritional Information / Nutrition Facts Table:

Look for recipes that include nutrition information, as this will tell you how much calories, fat, sugar, protein, carbohydrates, fibre and sodium the recipe contains.

### Meat and

**Alternatives:** Look for recipes with:

- **Water-packed** canned fish or meat.
- **Beans, lentils and/or tofu.**
- **Extra lean** or lean cut meats (skinless chicken, lean ground beef)

### Oils and Fats:

Look for recipes that use **vegetable oils** (canola, olive, soybean, sunflower). Avoid trans fat (lards, some margarines and shortening) and saturated fats (coconut cream, palm kernel)

### Cooking method:

Look for recipes that grill, broil, bake, roast, stir-fry, sear, braise, steam and poach. Avoid frying.

#### Tip:

- choose vegetables and fruits and grain products with no or little added fat, sugar or salt.
- Select lower fat milk and alternatives
- Select lean meat and alternatives prepared with little or no added fat or salt

## To find other healthy recipes, visit:

Cookspiration  
[www.cookspiration.com](http://www.cookspiration.com)

Unlock Food  
[www.unlockfood.ca](http://www.unlockfood.ca)

Foodland Ontario  
[www.ontario.ca/foodland-ontario](http://www.ontario.ca/foodland-ontario)

Half Your Plate  
[www.halfyourplate.ca](http://www.halfyourplate.ca)

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