



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	Healthy Carbs	Healthy Carbs cont'd	Healthy Fats
FISH	FRUITS	ALLIUM FAMILY	COOKING OILS
Bass	Acai berries (or natural juice)	Chives	✓ Extra virgin olive oil
Clams	Apple	Garlic	✓ Safflower oil
Cod	Apricots	Leeks	✓ Pumpkin oil
Mackerel	Blackberries	Onion	✓ Sunflower oil
Mussels	Blueberries	Scallions	Canola oil/ spray
Salmon	Cantaloupe	Shallots	Corn oil
Snapper	Cherries	WHOLE GRAINS	Extra virgin olive oil spray
Swordfish	Cranberries	100% whole grain bread/pasta	Flax seed oil
Water packed tuna	Gogi berries (or natural juice)	60-100% whole wheat tortilla	Peanut oil
Whitefish	Grapefruit	60-100% whole wheat tortilla	Soybean oil
MEAT	Grapes	Amaranth	ADDITIONAL HEALTHY FATS:
Beef tenderloin	Honeydew	Barley	Avocados
Bison	Lemon/lime	Buckwheat	Fish oil (including Omega3)
Lean pork roast	Orange/tangerines	Buckwheat	Mixed nuts/seeds
Lean ground Beef/ Turkey	Pears	Couscous	Olives
Pork tenderloin	Pineapple	Quinoa	✓ = top choices
Round steak	Raspberries	Rolled/steel cut oats	
Sirloin steak	Strawberries	Rye bread	
Skinless chicken breast	Unsweetened apple sauce	spelt	
Skinless turkey breast	Watermelon	Sprouted grain bread (Ezekiel bread)	
Roast beef	VEGGIES	Whole grain/wild rice	
Lean ham roast	Asparagus	Whole wheat orzo	
Game meat	Avocado	BEANS & LEGUMES	
DAIRY/OTHER	Baked potato	Beans (kidney, black, navy, pinto, soya)	
Almond/oat/hemp milk	Beets	Chickpeas	
Egg white	Broccoli	Lentils	
Egg white substitutes	Brussels sprouts		
Fat/sugar free yogurt	Cabbage		
Kefir	Carrots		
Low carb/sugar protein powder	Cauliflower		
Low fat cheese	Celery		
Low-fat cottage cheese	Eggplant		
Skim milk, soy/rice milk	Green/yellow beans		
Soya yogurt	Kale		
Tofu	Mushrooms		
NUTS & BUTTERS	Peas		
100% natural organic peanut/almond/cashew butter	Peppers		
Almonds	Pumpkin		
Ground flax	Radish		
Ground Salba	Romaine lettuce		
Pumpkin seeds	Spinach		
Soya nuts	Sprouts (alfalfa/bean)		
Sunflower seeds	Squash		
Walnuts	Tomato		
	Tomato paste		
	Turnips		
	Yams/sweet potato		
	Zucchini		



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 veggies 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.





Healthy Cheese Choices

Soft cheeses - Generally softer cheeses are lower in fat, especially fresh cheeses like cottage, ricotta, quark (sometimes spelled quarg), 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 or accompanied with spinach wrapped in filo pastry.
- 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 oil spray.

Common spices or cooking additives: Lemon and pepper seasoning, lemon, lime, dill, parmesan cheese, light sour cream instead of tartar sauce, 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.



Chicken/Turkey:

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

Preparation: Broil, bake, steam, slow cook, stir fry (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.

- Bake in oven with ½ can low fat cream soup/skim milk (add in whole grain rice, vegetables).
- Steam chicken and top with fresh salsa and grated light cheddar cheese, serve with whole grain rice.

Pork:

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

Common spices or cooking additives: oil olive, whole wheat bread crumbs, stuff with fruit (pear, apple, cranberry), ginger, pepper, unsweetened apple sauce, mustard, Dijon, onion powder, garlic, garlic powder.

Steak/ Other Meats:

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

Common spices or cooking additives: Sodium reduced 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. Also avoid yogurt that contains added sugars or sweetened fruit.

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 in natural orange juice and serve with honey and toasted pecans. Cook it as porridge with cubed butternut squash. Mix it in with whole grain rice dishes, stews and casseroles. Serve it as side dish with meals (mix in olive oil, soya sauce or 1 tbs stir-fry sauce, add beans or lentils, grated ginger).

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, diced apricot, 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. Clinical studies suggest Salba's unique nutritional makeup can help boost energy, reduce blood pressure, improve heart health, promote balanced blood sugar, aid in hunger management, promote healthy weight loss, and support healthy digestion.

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)

Add 1 tbsp of ground flax seed into small bowl. Add chopped apples, ground walnuts and berries. Mix with a bit of cottage cheese or yogurt.

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.

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



Cereal/Fruit Salads

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. Serve with whole wheat English muffin



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 minutes, cook chicken in pan (leftovers work great). Mix eggs and milk together and add to pan with broccoli and 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



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.

Oatmeal

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

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 milk or soy milk
½ tsp vanilla
½ cup slivered almonds
½ cup dried cranberries or dried fruit
1 large unpeeled Macintosh apple, grated
4 tbsp maple syrup
cooking spray

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



Smoothies

Simple Sunshine Smoothie

Ingredients:

½ cup non-fat cottage cheese
½ cup milk-skim, soy, almond, rice or goat
½ tsp vanilla
1 tsp lemon-flavoured avocado oil
1 scoop whey protein, vanilla or unflavoured
1 navel orange, peeled
1 tbsp wheat germ, handful 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 soy, almond, rice, skim milk
1 tbsp natural almond butter
1 frozen banana
2 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



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



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, pita chips

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 or other
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.