

Quick Meals and Snacks

Good nutrition is important at any age

Healthy meals and snacks can be easy to prepare.

Choose vegetables and fruits, whole grain foods, and protein for a well-rounded meal. Enjoy at least 1 cup (250 mL) of fluid at each meal (e.g., water, milk, soy beverage, coffee, or tea).

FOOD GROUP IDEAS

Pick a combination of:

- An item from **2 different** food groups for a **snack**
- An item from **3 different** food groups for a **meal**

Vegetables:	Fruits:
Broccoli, cauliflower, celery, leafy greens, carrots, cucumber, leeks, tomatoes, peppers, corn, onions, potatoes, squash, beets, peas, mushrooms, parsnips, turnips	Pears, apples, berries, cherries, peaches, bananas, mangoes, pineapple, grapes, oranges, plums, watermelon, dates, apricots, grapefruit, kiwi
Whole grain foods:	
Whole grain pasta, whole grain bread, whole grain crackers, whole grain cereal, whole oats, quinoa, brown rice, wild rice, barely, bulgur, buckwheat, millet, spelt, corn, popcorn	
Animal-based protein:	OR Plant-based protein:
Eggs, lean beef, lean pork, chicken, turkey, quail, fish and shellfish, low-fat milk, low-fat yogurt, low-fat cheese, whey protein powder	Seeds, nuts and nut butters, beans, peas, chickpeas, lentils, soybeans, edamame, tofu, seitan, tempeh, nutritional yeast, fortified soy beverage

QUICK BREAKFAST

Breakfast ideas:

- 1 • $\frac{3}{4}$ cup regular or Greek yogurt with $\frac{1}{4}$ cup of All Bran™ Buds
• 1 sliced orange
- 2 • 1 slice multigrain toast with 1 tbsp peanut butter
• 1 banana
- 3 • $\frac{1}{2}$ cup of cooked whole grain oats with $\frac{1}{2}$ tsp of cinnamon
• $\frac{1}{4}$ cup cottage cheese with $\frac{1}{4}$ cup strawberries

QUICK HOT AND COLD MEALS

Hot meal ideas:

- 1 can of low-sodium vegetable soup with 1 $\frac{1}{2}$ oz of grated cheese and 1 serving of whole grain crackers
- $\frac{1}{2}$ cup cooked vegetables, 3 oz of cooked shrimp, and 1 whole grain taco shell
- 1 cup of baked beans with 1 slice of multigrain toast and an apple
- $\frac{1}{2}$ cup cooked vegetables and 3 oz of cooked chicken served over $\frac{1}{2}$ cup of cooked brown rice or quinoa

Cold meal ideas:

- 1 whole wheat roll with a slice of cheese, tomato, and 1 large hard-boiled egg
- 1 whole wheat pita with $\frac{1}{4}$ cup hummus and $\frac{1}{2}$ cup of chopped vegetables
- 1 cup of spinach, 1 cup of low-sodium canned black beans, 1 serving of whole wheat croutons, and 1 serving of low-fat salad dressing
- 3 oz of low-sodium canned tuna, 1 serving of whole grain crackers, and $\frac{1}{2}$ cup of chopped vegetables

Increase serving size if it does not maintain your weight or satisfy your hunger.

Brought to you by the Nutrition & Aging Lab at the University of Waterloo.
© R. Donnelly, C. Wei, V. Trinca, & H. Keller 2020, version 5

Learn more! Explore helpful resources and tools at: food-guide.canada.ca