

At The Dinner Table



A balanced meal that includes vegetables and fruit, protein, whole grains, and connection with others may be just what you need at the end of a busy day.

Your body needs to refuel after a long day at work, the same way you need to fill up your equipment so it is ready for the next day.

An evening meal recharges your body and mind. It is an important part of being ready for a productive tomorrow.

Vegetables and Fruit

Enjoy a variety of vegetables and fruit to add colour, flavour and texture to your meals.

- Fill half your plate with vegetables and fruit. Fresh, frozen and canned are all good choices.
- Serving a variety of vegetables and fruit gives you a healthy mix of vitamins, minerals and antioxidants.
- Pick seasonal, local produce.
- Enjoy vegetables cooked or raw. Grill or roast for a new flavour.
- Savour fruit for a sweet finish to your meal.

Protein

With so many protein options to choose from, adding variety and important nutrients to your meal plan is easy.

- Choose lean meat, poultry, eggs, fish and seafood for iron, zinc and vitamin B12.
- Take care of your heart and brain. Eat fish and seafood for omega-3 fat.
- Look for lower fat dairy products for calcium and vitamin D.
- Include legumes for fibre, iron and plant-based protein.
- Add nuts and seeds for crunch and healthy fats.

Whole Grains

Grains are your primary energy source. The fibre in whole grains keeps you feeling full.

- Buy whole grain, whole wheat or higher fibre grains for the greatest health benefit.
- Serve whole grain or whole wheat bread and rolls.
- Cook with whole grain pasta and brown rice.
- Experiment with grains like quinoa, farro, barley or bulgur.
- Top salad or soup with homemade croutons for a whole grain crunch.



On busy nights when you need a meal in a hurry, let convenience foods come to the rescue. Keep some basics in your fridge and pantry so you always have them on hand.



- Bagged salad or coleslaw
- Cut-up vegetables and fruit
- Pre-made salad or coleslaw
- Frozen vegetables and fruit
- Canned vegetables and fruit
- Canned pasta sauce
- Rotisserie chicken
- Thin cut or stir-fry meats
- Cooked shrimp
- Canned fish
- Shredded cheese
- Canned beans, chickpeas, lentils
- Fresh pasta
- Couscous, instant brown rice
- Whole wheat pizza crust
- Pre-made potato salad, pasta salad
- Guacamole, salsa, hummus, pesto, tzatziki

Double Duty Meals

Turn leftovers from one meal into a speedy second meal. Plan to cook extras so you have enough for two meals.

Dinner Tonight → Quick Meal Tomorrow

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| Roast chicken, asparagus, sweet potato wedges with tzatziki dip | Wrap: Tortilla spread with tzatziki, topped with diced chicken and asparagus |
| Grilled steak, rice, sautéed onions and mushrooms, steamed broccoli | Salad bowl: leftover rice, vegetables and steak slices topped with salad dressing |
| Slow cooker bean chili, whole wheat roll | Baked potato topped with chili and cheese |
| Spinach, tomato and feta cheese quiche, roasted potatoes | Pita spread with ranch dressing, filled with quiche and lettuce |

Reheat leftovers to 165° F (74° C) to prevent foodborne illness.

Late Night Eats

Long work days can lead to late night meals. Even if your meal is late, it is important to refuel for tomorrow. Choose foods that will replenish your energy and let you get a good night's rest.

- Prevent indigestion and interrupted sleep. Avoid eating a large meal or a meal with high fat or spicy foods right before going to bed.
- Enjoy a small snack if a full meal isn't appealing. Pair a protein food with carbohydrates like grains or fruit so you won't get hungry in the night. Try cheese and crackers, peanut butter on toast or eggs with fruit.
- Leave the caffeinated beverages for the morning. Caffeine can keep you awake.