



# Quality Food Choices

## for menu planning

| Lean Protein  | Essential Fats  | High Glycemic Fruits<br>limit or use in recovery | Vegetables<br>unlimited quantities |
|---|---|--|------------------------------------|
| Chicken breast  | Ground flaxseed   | Apricot  | Artichokes                         |
| Turkey  | Nuts (almonds, cashews, pecans, walnuts, etc.)                                    | Banana   | Asparagus                          |
| Pork tenderloin                                       | Seeds (chia, sunflower, pumpkin, sesame, etc.)                                    | Cantaloupe                                       | Bell peppers                       |
| Lean/extra-lean ground beef                           | Avocado   | Dried fruits                                     | Broccoli                           |
| Beef tenderloin                                       | Natural nut butter (peanut, almond, cashew, etc.)                                 | Honeydew melon                                   | Brussel sprouts                    |
| Beef sirloin  | Vegetable oils (olive, canola, coconut, sesame, hemp, grape seed, flaxseed, etc.) | Mango  | Cabbage                            |
| Beef flank steak                                      |   | Papaya   | Carrots                            |
| Turkey or back bacon                                  |   | Pineapple  | Cauliflower                        |
| Turkey or chicken sausage                             |   | Watermelon                                       | Celery                             |
| Ground chicken or turkey                              |   |  | Cucumber                           |
| Salmon  | <b>Starches</b>   | <b>Canadian Grown Fruits</b>                     | Eggplant                           |
| Tuna  | Brown rice  | Apples   | Garlic                             |
| Mackerel  | Oatmeal   | Applesauce                                       | Green or yellow beans              |
| Cod   | Whole grain cereals   | Blackberries                                     | Kale                               |
| Halibut   | Whole wheat and multi-grain pasta   | Blueberries                                      | Leeks                              |
| Shrimp  | Whole wheat couscous  | Cherries   | Lettuce                            |
| Trout   | Barley  | Grapefruit                                       | Mushrooms                          |
| Tofu  | Quinoa  | Grapes   | Onions                             |
| 0-1% cottage cheese                                   | Whole grain bread/wraps/pita (>2 g fibre/slice)                                   | Kiwi   | Peas                               |
| Eggs and egg whites                                   | Whole or multi-grain crackers   | Lemon  | Pickles                            |
| Whey protein  | Sweet potato  | Lime   | Radishes                           |
| Plain or vanilla Greek yogurt                         | Yams  | Oranges  | Spinach                            |
| <b>Calcium-Rich Choices</b>                           | Potato with skin  | Peaches  | Sprouts                            |
| 0-2% yogurt   | Corn  | Plums  | Swiss chard                        |
| 0-1% milk   | Peas and beans (lentils, chickpeas, kidney beans, edamame, etc.)                  | Raspberries                                      | Tomatoes                           |
| Almond or cashew milk (calcium-enriched, unsweetened) | Squash (butternut, acorn, spaghetti, etc.)  |  | Zucchini                           |
| Soy beverage  |   |  |                                    |
| Fat-free sour cream                                   |   |  |                                    |
| Cheddar cheese (<22% milk fat)                        |   |  |                                    |

For more information, visit  
[sport-med.ucalgary.ca/services/nutrition](http://sport-med.ucalgary.ca/services/nutrition)