# Quality Food Choices for menu planning

## Lean Protein
- Chicken breast
- Turkey
- Pork tenderloin
- Lean/extra-lean ground beef
- Beef tenderloin
- Beef sirloin
- Beef flank steak
- Turkey or bacon
- Turkey or chicken sausage
- Ground chicken or turkey
- Salmon
- Tuna
- Mackerel
- Cod
- Halibut
- Shrimp
- Trout
- Tofu
- 0-1% cottage cheese
- Eggs and egg whites
- Whey protein
- Plain or vanilla Greek yogurt

## Essential Fats
- Ground flaxseed
- Nuts (almonds, cashews, pecans, walnuts, etc.)
- Seeds (chia, sunflower, pumpkin, sesame, etc.)
- Avocado
- Natural nut butter (peanut, almond, cashew, etc.)
- Vegetable oils (olive, canola, coconut, sesame, hemp, grape seed, flaxseed, etc.)

## Starches
- Brown rice
- Oatmeal
- Whole grain cereals
- Whole wheat and multi-grain pasta
- Whole wheat couscous
- Barley
- Quinoa
- Whole grain bread/wraps/pita (>2 g fibre/slice)
- Whole or multi-grain crackers
- Sweet potato
- Yams
- Potato with skin
- Corn
- Peas and beans (lentils, chickpeas, kidney beans, edamame, etc.)
- Squash (butternut, acorn, spaghetti, etc.)

## High Glycemic Fruits
- Apricot
- Banana
- Cantaloupe
- Dried fruits
- Honeydew melon
- Mango
- Papaya
- Pineapple
- Watermelon

## Canadian Grown Fruits
- Apples
- Applesauce
- Blackberries
- Blueberries
- Cherries
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Oranges
- Peaches
- Plums
- Raspberries

## Vegetables
- Artichokes
- Asparagus
- Bell peppers
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Garlic
- Green or yellow beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Peas
- Pickles
- Radishes
- Spinach
- Sprouts
- Swiss chard
- Tomatoes
- Zucchini

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