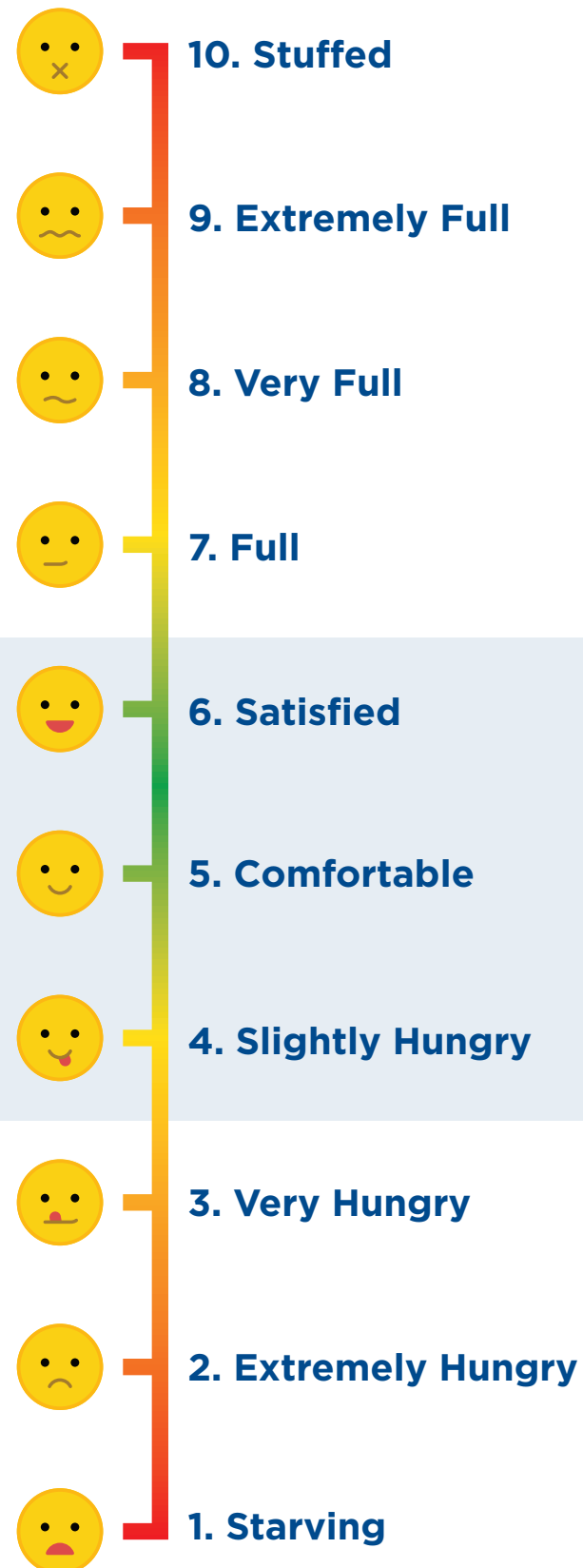


Mindful Eating

Keep a positive relationship with food by honouring your hunger and practicing mindfulness while you eat.



Try to stay within zones 4 to 6 to better manage your hunger



Use this hunger scale to identify your level of hunger.
Use this mindful eating plate to be fully present when you eat.

For more helpful tools, including delicious recipes, and Glucerna® coupons, join the Glucerna® Club at glucernaclub.ca!

Plan Your Plate!

It is natural to have questions about what to eat. Work with your registered dietitian to develop personalized meal and snack ideas suited to your lifestyle and preferences, to help you achieve your health goals.

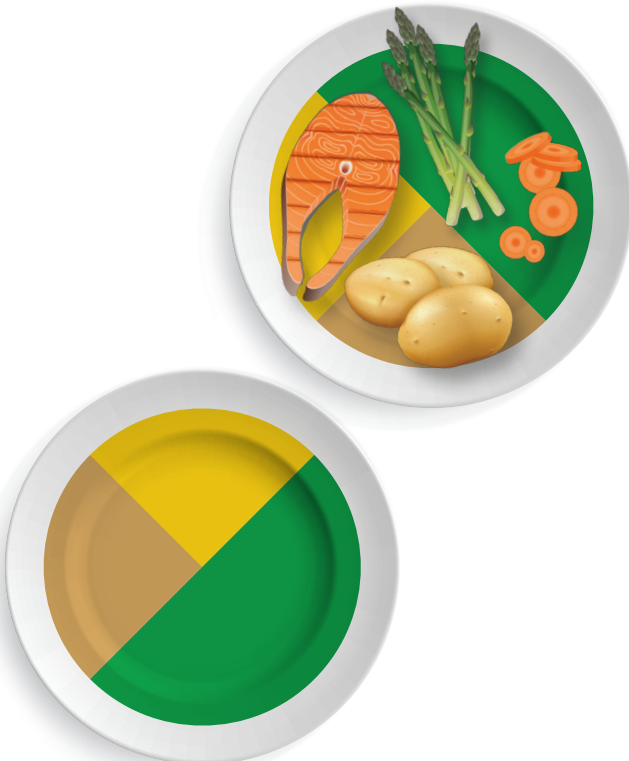
Breakfast



Snack



Lunch and Supper

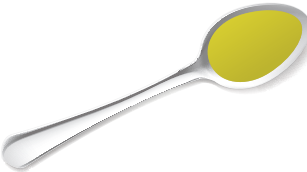


Drinks

Water, coffee, tea, and non-caloric beverages. Throughout the day.



Fats



Oil, butter, and margarine. Throughout the day.

Grains and Starches

Oats
Quinoa
Barley
Rice, brown or wild
Whole grain bread
Pasta, al dente
Corn
Squash
Potato
Sweet potato

Vegetables

Asparagus
Broccoli
Cauliflower
Leafy greens
Zucchini
Eggplant
Bok choy
Bell pepper
Tomato
Carrot
Brussels sprout

Fruits

Apple
Kiwi
Orange
Mango
Blueberry
Raspberry
Strawberry
Banana
Pear
Grapefruit
Melon

Milk and Alternatives

Milk
Cheese
Yogurt
Fortified soy or plant-based beverages
Glucerna®
Frozen yogurt

Proteins

Tuna
Salmon
Cod
Chicken
Turkey
Lean beef
Lean pork
Egg
Tofu

Beans and Nuts

Lentils
Soybeans
Black beans
Chickpeas
Almonds
Walnuts
Pecans
Cashews
Peanuts
Sunflower seeds
Pumpkin seeds