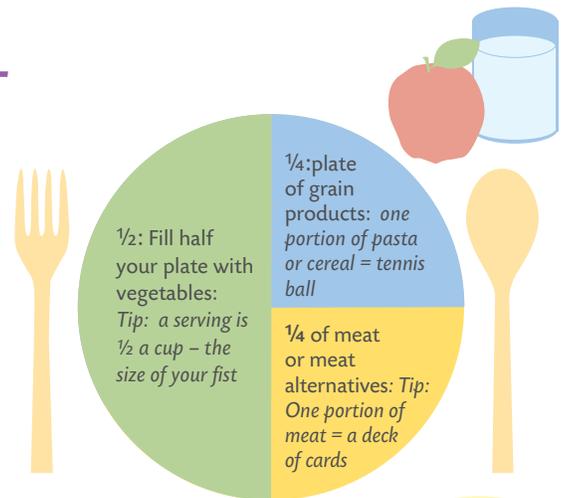




# HOW TO BUILD A BALANCED MEAL

To build a balanced meal, include foods from each of the four food groups in *Canada's Food Guide* in the recommended serving sizes. Fill half your plate with vegetables, one-quarter of the plate with meat or meat alternatives, and one-quarter with grain products. Round it up with a piece of fruit and a glass of milk and you have a balanced meal! Here are some ideas to get you started.



## BREAKFAST

Two slices whole grain toast with peanut butter + one apple + milk  
**TIP:** *One portion of peanut butter = the size of the tips of your two thumbs*

## LUNCH

Tuna sandwich on whole grain bread + carrots and celery + canned peaches in water

## DINNER

Easy One Pot Meal + glass of milk + banana

**TIP:**  
*Foods high in calories, fat, sugar or salt should be enjoyed less often. Some examples are potato chips, pop and cookies.*

# EASY ONE POT MEALS

Try one of these simple recipes for a delicious dinner the whole family will enjoy. Makes 4 servings.

Food Group Meal	Grains	Vegetables & Fruit	Meat & Alternatives	Sauce	Recipe Directions
<b>Pasta with Ground Beef</b>	2 cups (300g) pasta, <i>uncooked</i>	2 cups mushrooms, <i>sliced</i> 1 cup onion, <i>chopped</i> 2 cloves garlic, <i>minced</i>	500-600g <i>cooked</i> extra lean ground beef	2 cups canned tomatoes or pasta sauce 2 Tbsp tomato paste	If using ground beef, heat non-stick skillet to medium-high heat and cook for 10 minutes or until browned, stirring frequently.
<b>Pasta with Tuna</b>	2 cups (300g) pasta, <i>uncooked</i>	1 cup each carrots and peas, frozen or fresh	1 can (170g) tuna, <i>drained</i>	1 can mushroom soup	
<b>Rice and Beans</b>	1 cup (200 g) rice, <i>uncooked</i>	2 cups corn, frozen or fresh 1 cup onion, <i>chopped</i> 2 cloves garlic, <i>minced</i>	1 can (540mL) kidney beans, <i>drained</i>	1 cup canned tomatoes, <i>sautéed</i>	

1. Boil pasta or rice until cooked. Drain and set aside.
2. Sauté vegetables in non-stick skillet until tender. Add meat or alternatives and sauce to skillet; cook on medium heat for 5 minutes or until heated through.
3. Add pasta or rice to skillet, stirring to combine. Add salt and pepper to taste and serve.

## A FEEDING FAMILIES FACTSHEET

