



Quality Food Choices

for menu planning

Lean Protein	Essential Fats	High Glycemic Fruits limit or use in recovery	Vegetables 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	Starches	Canadian Grown Fruits	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
Calcium-Rich Choices	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