

mothers *in* motion

Meal Ideas from around the World

Food Groups Meals	Country	Grain Products	Meat and Alternatives	Fruit and Vegetables	Milk and Alternatives	EXTRAS
Breakfast Small meal Pick from 3 of the 4 Healthy Food Groups	CANADA 	Cold cereal, toast	Peanut butter	Blueberries, raspberries, bananas	Milk	Sugar
	JAPAN 	Rice, okayu (rice porridge)	Miso soup, broiled fish, natto	Nori (seaweed), pickled vegetables	Soy milk	Green tea
	NIGERIA 	Ògì - porridge made with maize	Moimoi (black bean pudding)	Banana leaves, onions, peppers	Evaporated milk	Palm oil
	LEBANON 	Khubuz or flat bread	Ful madammas	Olives, tomatoes, cucumbers	Feta cheese, labneh (yogurt)	Zaatar, olive oil
Lunch Medium meal Pick from the 4 Healthy Food Groups	SOUTH INDIA 	Naan, roti	Dal (peas and lentils)	Tomatoes, chilies, onions	Raita	Cilantro
	CHINA 	Rice	Tofu	Stir-fry vegetables	Enriched soy beverage	Hoisen sauce, soy sauce
	MEXICO 	Tortilla, dirty rice	Refried beans, chicken, beef, fish	Tomatoes, onions, peppers	Cheddar cheese	Salsa, sour cream
	SPAIN 	Rice	Chicken, chorizo, beans, seafood	Artichokes, tomatoes, peppers, peas, onions	lbores (goat cheese)	Olive oil
	US 	Bread	Sliced meat	Tomatoes, lettuce	Cheese	Mayonnaise, mustard
	GREECE 	Pita, rice	Ground lamb	Grapeleaves, cucumbers, tomatoes	Tzaziki, feta cheese	Olive oil
Dinner Large meal Pick from the 4 Healthy Food Groups	MOROCCO 	Couscous	Chicken, beef, or lamb tagine	Zaalouk (eggplant, tomato, pepper and zucchini salad)	Milk	Mint tea
	MI'KMAQ 	Bannok, wild rice	Salmon, venison	Squash, corn	Milk	Broth
	NORTH INDIA 	Naan, roti, rice	Chickpeas, chicken	Tomatoes, onions, potatoes	Raita, paneer	Ghee, cream, coconut milk
	ITALY 	Pasta	Ground beef, sausage	Tomato sauce	Mozzarella cheese	Herbs
	PERU 	Quinoa, rice	Seafood, goat	Potatoes, corn, peppers	Milk	Spices



Canadian Association for the Advancement of Women and Sport and Physical Activity

Association canadienne pour l'avancement des femmes du sport et de l'activité physique

For more information on the *Mothers in Motion* project, please contact CAAWS (caaws@caaws.ca / 613-562-5667) or visit the website at <http://www.caaws.ca/mothersinmotion/>.

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