

Appendix B: Health Canada's Healthy Food Basket

2% milk, 4 L	Fruit-flavoured yogurt, 2% BF, 500 g
Medium cheddar cheese, 227 g	Processed cheddar cheese slices,, 500 g
Partly skim mozzarella cheese, 16.5% BF, 227 g	Vanilla ice cream; 10% BF, 2 L
Eggs, Grade A large, 12	Round steak, 500 g
Stewing beef, 210 g	Regular ground beef, 655 g
Pork loin chops, 400 g	Chicken legs (no back), 1.34 kg
Wieners, beef and pork, 450 g	Sliced cooked ham, 11% fat, 175 g
Frozen fish fillets (cod, haddock, sole, Boston blue fish or Alaskan Pollock depending on availability), 400 g	Canned pink salmon, 213 g
Canned flaked light water packed tuna, 170 g	Canned baked beans in tomato sauce, 398 mL
White beans, dry, 454 g	Peanut butter; 500 g
White bread, enriched, 675 g	Whole wheat bread, 675 g
Hot dog/ hamburger buns, 8 pack	All-purpose flour, 2.5 kg
Whole-wheat flour, 2.5 kg	Dry macaroni or spaghetti, enriched, 900 g
Long grain white rice, parboiled, 900 g	Macaroni and cheese dinner, 225 g
Regular cooking oatmeal, 1 kg	Salted soda crackers, 450 g
Social tea cookies, 400 g	Corn Flakes®, 675 g
Shreddies® cereal; 800 g	Oranges, 710 g
Canned unsweetened apple juice, 1.36 L can	Frozen orange juice concentrate, 355 mL
Tomatoes,560 g	Canned whole tomatoes, 796 mL
Tomato juice, 1.36 L can	Potatoes, 4.54 kg
Frozen French fried potatoes,1 kg	Pears, 755 g
Green grapes,480 g	Canned fruit cocktail,398 mL
Bananas, 2.3 kg	Macintosh apples,1.8 kg
Sultana raisins, 750 g	Iceberg (head) lettuce ,450 g
Romaine lettuce, 595 g	Frozen mixed vegetables, 1 kg
Canned corn, 341 mL	Canned peas, 540 mL
Broccoli, 585 g	Cabbage, 255 g
Carrots 1.1 kg bag	Celery 345 g
Field cucumber 455 g	Onions 740 g
Green pepper 305 g	Rutabagas; 360 g
A margarine in which the grams of mono and polyunsaturated fats add up to 6 g or more in a 10 g serving (as shown on the nutrition label), , 454 g	Butter, , 454 g
Canola oil, 1 L	Mayonnaise-type salad dressing, (< 35% oil), 500 mL
White sugar, 2 kg	Strawberry Jam., 500 mL