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## Welcome to the July food guide newsletter!

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Tue, Jul 5, 2022 at 3:14 PM

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To:



## Welcome to the July food guide newsletter!

This month we feature: preparing healthy meals and snacks

### What's new!

Watch our new [chicken and bean quesadillas](#) recipe video for inspiration. This crowd-pleasing recipe makes 10 servings and is great for picnics.

### Recipe of the month

Preparing foods at home allows you to make healthier meals and snacks. These [crunchy turkey fingers with oven fries](#) are made with high-fibre breakfast cereal and salt-free savoury herbs.



### Tips for preparing healthy meals and snacks

When you cook at home, decrease the amount of salt you use by adding herbs, spices and seasonings. Over time, your taste buds will adjust to less salt in your

food.

Instead of using pre-seasoned foods, salt, gravy or sauces, enhance the flavour of your food by adding:

- citrus zest
- flavoured vinegar
- fresh or dried herbs or spices

Read our tips on [how to prepare meals and snacks using healthy ingredients](#).

## Flavour pairings

Here are a few ideas to get you started:

- dill: pairs well with fish, potatoes and eggs. Try [Okroshka \(cold summer soup\)](#).
- cinnamon: tastes great with lower fat yogurt and fruits. Try [fruit kebabs with maple cinnamon yogurt dip](#).
- ginger: delicious in stir-fries, soups and with fish. Try [carrot ginger lentil soup](#).
- lemon juice: great in salad dressings and marinades. Try [colourful quinoa salad](#).
- paprika: good with seafood, vegetables, chicken and eggs. Try [shakshouka](#).
- rosemary or thyme: delicious with chicken, lamb, beef and pork. Try [lip smacking BBQ drumsticks](#).
- curry powder or cumin: good with lentils, chicken, soup and stews. Try [eggplant lentil curry](#).
- basil and oregano: tastes great with soup, salads, tomatoes and pasta. Try [terrific tuna and tomato salad](#).

## Next month

In August, we'll feature tasty summer recipes.

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**Eat well. Live well.**

[Cooking more often](#) can support healthy eating habits. When making meals and snacks, use ingredients that are not highly processed.

Learn more about this healthy eating recommendation.

## Translated food guide snapshot of the month

The food guide snapshot is available in [31 languages](#). This month, discover the snapshot in [Polish](#).



## Stay connected



Visit us at [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide) for more great healthy eating information.

Visit [Canada.ca/coronavirus](https://Canada.ca/coronavirus) for information, answers to frequently asked questions and the latest updates on COVID-19.

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