

RECIPE DEVELOPMENT GUIDELINES

UBC FOOD SERVICES



This is a student-led collaboration with faculty and staff through the SEEDS Sustainability Program.

FRUITS & VEGETABLES

- ▶ Use a colourful array, especially green and orange vegetables
- ▶ Aim for 1/2 the dish to be fruits or vegetables (refer to **Healthy Plate Model**)
- ▶ Incorporate seasonal produce to maximize flavour and budget

APPLICATION

Try adding more vegetables to:

- ▶ Pasta sauces
- ▶ Stir-fries
- ▶ Sandwiches
- ▶ Pizza toppings

SPINACH:

Rich in folic acid and other vitamins. Great addition to soups, salads, and burgers!



GRAINS

Variety of whole grain options

At least
70%

APPLICATION

Try using whole grains in:

- ▶ Pasta
- ▶ Entree dishes
- ▶ Pizza dough

MILLET:

A nutrient-dense, gluten-free option!



PLANT & ANIMAL PROTEIN

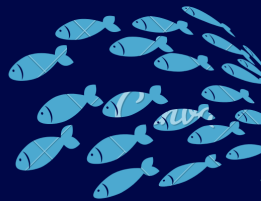
- ▶ Choose more fish and limit use of red meat
- ▶ Increase variety of plant-based proteins

APPLICATION

- ▶ Reduce use of processed meats (e.g. bacon and sausages)
- ▶ Use plant-based proteins often such as: soy products, beans, and lentils in place of red meat
- ▶ Offer omega-3 rich foods each day (e.g. salmon, flaxseed)

LENTILS:

High in protein, fibre, B vitamins and minerals. Add them to soups, pasta and more!



PLANT & ANIMAL MILK

- ▶ Provide unsweetened milk and yogurt options
- ▶ Use less cheese by choosing sharper varieties

APPLICATION

- ▶ Offer fortified milk alternatives, such as: soy, almond, cashew, etc.

- ▶ Limit use of heavy cream, substitute with lighter options, such as milk and half and half

SOY MILK:

Fortified soy milk is nutritionally equivalent to cow's milk, as it is the only alternative with comparable protein.



DECREASE PROCESSED FOODS WITH ADDED SALT, FAT, SUGAR

- ▶ **Salt:** Incorporate herbs and spices for more flavour
- ▶ **Fat:** Limit the use of oil when cooking foods with high fat ingredients (e.g. avocado, seeds, nuts, cheese)
- ▶ **Sugar:** Use naturally sweetened ingredients
- ▶ Use cooking methods that require little or no added fat (e.g. baking and steaming)



Use the Healthy Plate Model portions as a basis when developing nutrient-dense recipes.