

My Choice Menu Special Diets

Diabetic

All our single serving meals are diabetic-friendly prepared with an emphasis on variety & balance and are portion controlled to help you manage your diabetes.

Heart Healthy

Meal choices that will be low in both sodium and fat and may feature healthy ingredients such as those higher in fibre or ones rich in omega-3 fatty acids.

Low Fat

Meal choices that will contain 3g of fat, or less, per 100g

Low Salt

Meal choices that will contain 140mg of sodium, or less, per 100g

Renal

Our renal-friendly meals are reduced in both sodium and potassium to help maintain your kidney function. Each individual meal consists of a protein/entrée, rice or pasta and a low-potassium vegetable and will contain <500 mg sodium and <570 mg potassium per meal.

Gluten-Free

Our Gluten-Free meals are designed for those requiring complete elimination of gluten from their diet to manage Celiac Disease, Dermatitis Herpetiformis and Non-Celiac Gluten-Sensitivity. Our Gluten-Free meals have been produced in a non-gluten free facility with best practices in place to avoid cross-contamination.

Vegetarian

Meatless meal options emphasizing plant-based proteins, dairy and eggs.

Lactose Restricted

Meals that limit lactose, the sugar found in milk & milk products, in significant amounts. These meals do allow milk protein so are not intended for those with a suspected or confirmed Milk Allergy.

*All our meals are MSG - Free and Trans-Fat Free.
Single Meals provide, on average, 25 grams of protein per meal.*