

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits



Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



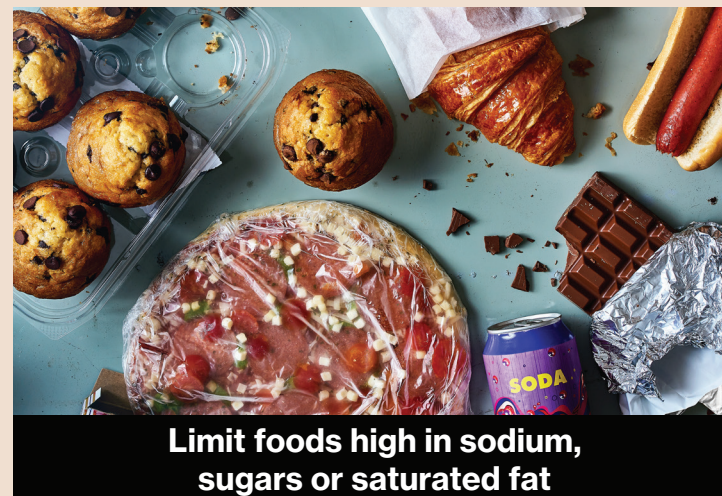
Enjoy your food



Eat meals with others



Use food labels



Limit foods high in sodium,
sugars or saturated fat



Be aware of food marketing

Discover your food guide at
Canada.ca/FoodGuide

