



What is Canada's Food Guide?

Canada's Food Guide is a reference work produced by Health Canada. It recommends what to eat to enjoy good health.

Why is it significant?

Following Canada's Food Guide can reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis. You can access it online by going to www.hc-sc.gc.ca, or you can order a free copy by calling 1-800-622-6232.

What else should I be aware of?

Eating well, along with regular physical activity, is your best insurance against disease. For help creating a healthy, balanced diet, explore the calorie/nutrition counter and other interactive nutritional tools at www.makinghealthhappen.com.



Canada's Food Guide

MakingHealthHappen.com



What can I do?

- ✓ Eat at least one dark green vegetable and one orange vegetable daily.
- ✓ Choose vegetables and fruit with little or no added fat, sugar or salt. Enjoy them raw, steamed, baked or stir-fried.



Go to MakingHealthHappen.com and enter **nutri** in the search box to learn more about Canada's Food Guide.

Ten daily servings for adults and four daily servings for children are recommended.

- ✓ Choose grain products low in fat, sugar and salt. At least half should be whole grain. Eight daily servings for adults and three daily servings for children are recommended.
- ✓ Select lower-fat milk alternatives, such as low-fat milk, fortified soy beverages, yogurt and cheese. Two daily servings for children and adults and four daily

servings for teens are recommended.

- ✓ Select lean meats, with little or no added fat or salt, and eat more protein alternatives to meat, such as beans, lentils and tofu. Three daily servings for adults and one daily serving for children are recommended.
- ✓ Aim for at least two servings of fish each week.
- ✓ Have two to three tablespoons of unsaturated fat, such as olive or soybean oil, daily.

✓ Choose soft margarines low in saturated and trans fats.

- ✓ Drink plenty of water and clear fluids throughout the day.
- ✓ Learn more about Canada's Food Guide by going to www.makinghealthhappen.com.

