

Eating Well with Canada's Food Guide

For more information please visit Canada's Food Guide Canada.ca/FoodGuide

Draw and colour a healthy meal idea

Vegetables & Fruits

Canada's Food Guide recommends filling half your plate with vegetables and fruits. Also, veggies and fruits can be great as snacks.

There are lots of different textures and tastes to enjoy, such as: pears, plums, apples, berries, broccoli, peaches, peppers, cabbage, spinach, carrots, cucumbers and melons.

Protein Foods

Protein is important for staying healthy and building our tissues and muscles.

A quarter of your plate should be protein foods, which include: eggs, lean meats and poultry, nuts and seeds, fish and shellfish, dairy products, beans, peas, lentils, fortified soy beverages, tofu, soybeans and other soy products.

Whole Grain Foods

Try making a quarter of your plate whole grain foods. They are important sources of fibre as well as vitamins and minerals.

Examples include: quinoa, whole grain pastas, whole grain breads, whole oats or oatmeal, and brown or wild rice.