



Health
Canada

Santé
Canada

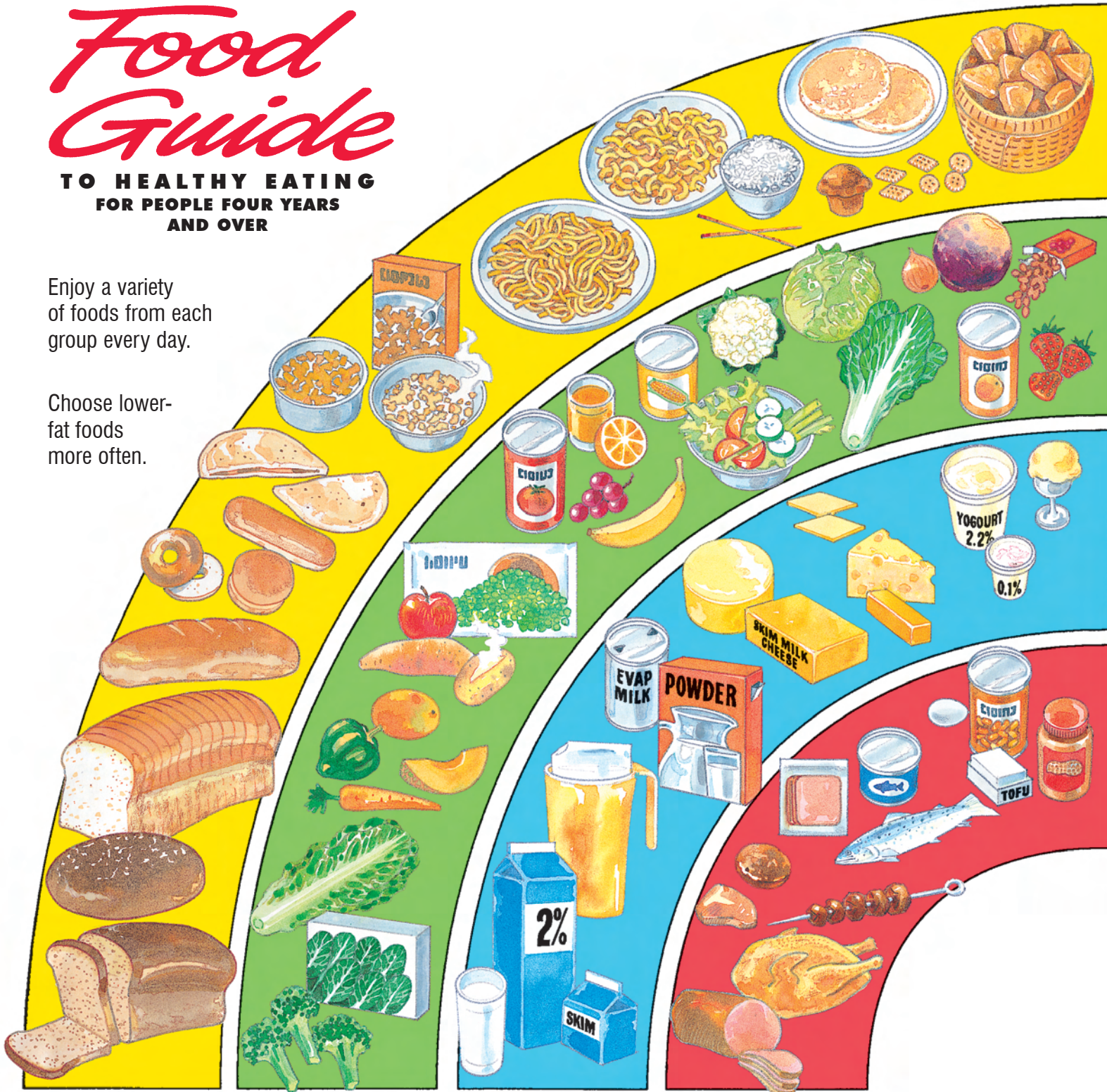
CANADA'S

Food Guide

TO HEALTHY EATING
FOR PEOPLE FOUR YEARS
AND OVER

Enjoy a variety
of foods from each
group every day.

Choose lower-
fat foods
more often.



Grain Products

Choose whole grain
and enriched
products more often.

Vegetables and Fruit

Choose dark green and
orange vegetables and
orange fruit more often.

Milk Products

Choose lower-fat milk
products more often.

Meat and Alternatives

Choose leaner meats,
poultry and fish, as well
as dried peas, beans
and lentils more often.

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