

## Canada's food guide

## Healthy food choices



Make it a habit to eat a variety of healthy foods each day.

**Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.**

- Choose foods with healthy fats instead of saturated fat

**Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.**

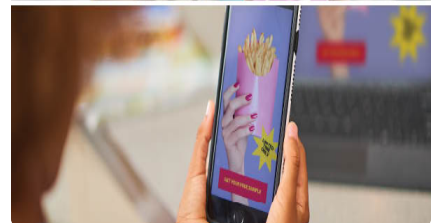
- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

**Make water your drink of choice**

- Replace sugary drinks with water

**Use food labels**

**Be aware that food marketing can influence your choices**





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