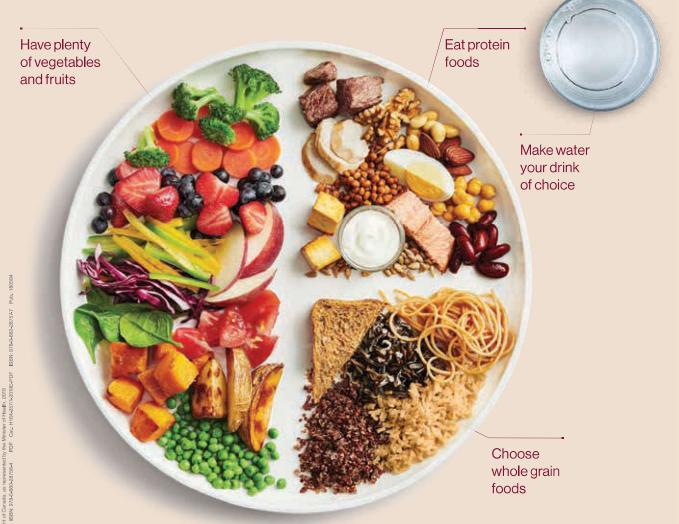
## Eat well. Live well.

Canada's

food guide

## Eat a variety of healthy foods each day



# Discover your food guide at **Canada.ca/FoodGuide**

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**Toddler's First Steps** 

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### Eat well. Live well. food guide

Canada's

Healthy eating is more than the foods you eat



**Toddler's First Steps** 

### Canada's food guide Healthy eating recommendations



## Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

#### Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

#### Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

#### Enjoy your food

• Culture and food traditions can be a part of healthy eating

#### Eat meals with others

#### 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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