

Eat well. Live well.

Eat a variety of healthy foods each day



Discover your food guide at

Canada.ca/FoodGuide

Canada

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Canada's food guide **Eat well. Live well.**

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels

Santé Canada



Limit foods high in sodium, sugars or saturated fat



Be aware of food marketing

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