

Canada's Food Guide

Canada's Food Guide is developed based on scientific evidence to promote healthy eating and overall nutritional well-being of Canadians.

Canada's Food Guide is made up of four food groups:

Vegetables & Fruits

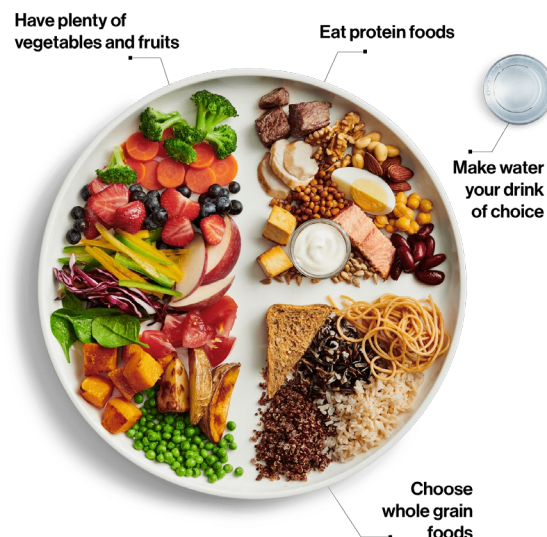
Milk & Milk Alternatives

Grain & Grain Products

Meat & Meat Alternatives

Each food group contains important nutrients that your body needs for good health. No single food or food group is enough to give you all the nutrients that you need. Therefore, it is important to eat a variety of food from all four food groups each day. This will help you to get all the right macronutrients (carbohydrates, fats, and proteins) and micronutrients (vitamins and minerals) needed by your body.

To eat based on Canada's Food Guide, fill half your plate with vegetables and fruits, one-quarter of your plate whole grains and high fibre carbohydrates and one-quarter of your plate protein foods. Aim to make vegetables and fruits the food group you eat the most of throughout the day.



Healthy eating is more than the foods you eat, it is also about where, when, why, and how you eat:

1. Be mindful of your eating habits:
<https://food-guide.canada.ca/en/healthy-eating-recommendations/be-mindful-of-your-eating-habits/>
2. Cook more often:
<https://food-guide.canada.ca/en/healthy-eating-recommendations/cook-more-often/>
3. Enjoy your food:
<https://food-guide.canada.ca/en/healthy-eating-recommendations/enjoy-your-food/>
4. Eat meals with others:
<https://food-guide.canada.ca/en/healthy-eating-recommendations/eat-meals-others/>
5. Use food labels:
<https://food-guide.canada.ca/en/healthy-eating-recommendations/using-food-labels/>
6. Limit highly processed foods:
<https://food-guide.canada.ca/en/healthy-eating-recommendations/limit-highly-processed-foods/>
7. Be aware that food marketing can influence your choices:
<https://food-guide.canada.ca/en/healthy-eating-recommendations/marketing-can-influence-your-food-choices/>
8. Recipes:
<https://food-guide.canada.ca/en/recipes/>

Your integrated care centre.

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