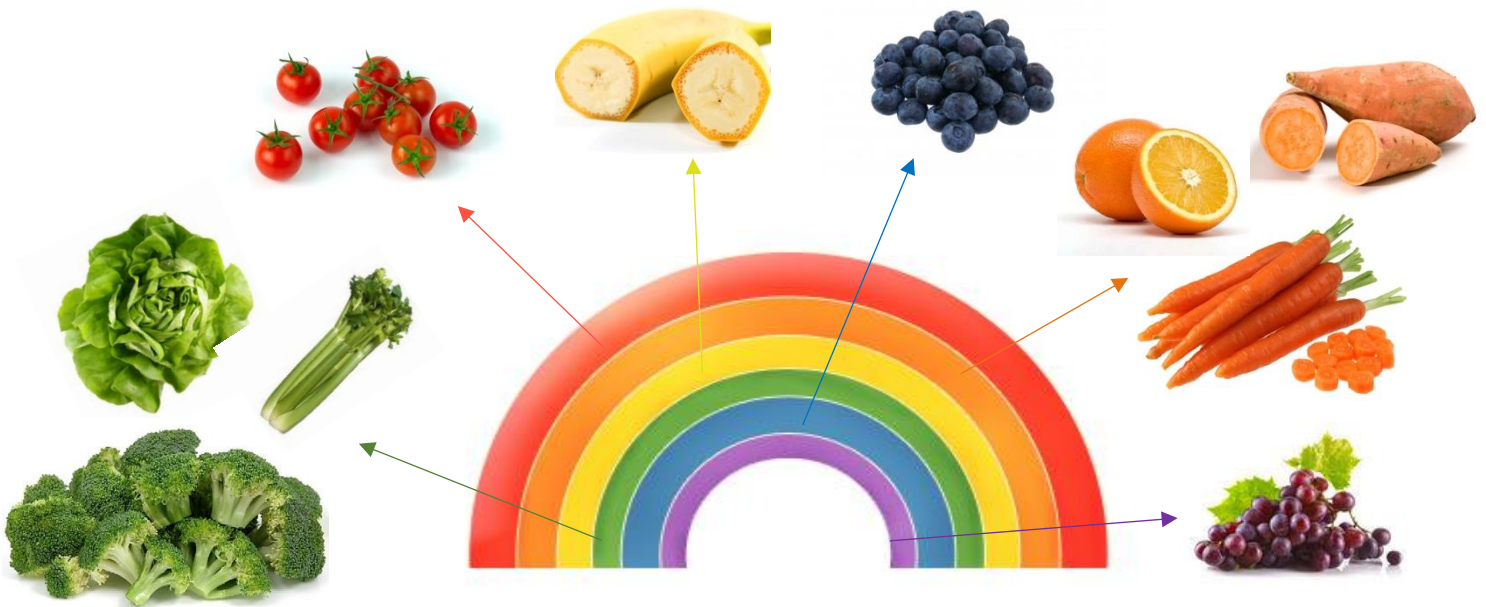


Healthy Eating in Canada

Choose different coloured vegetables and fruits each day.



Eat meals made at home with fresh ingredients.



Eat less foods high in sugar, fat and salt. Drink water often.



Canada's Food Guide is available in many different language:
<http://www.hc-sc.gc.ca/fn-an/index-eng.php>

Enjoy meals with family and friends.



Healthy meals to make at home:



Brown rice with chicken and cooked greens



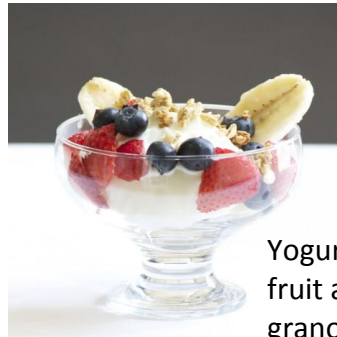
Whole grain pasta with shrimp, peas and asparagus



Ham, cheese and whole grain crackers with an apple and carrots



Homemade pizza with vegetables, tomato sauce and cheese on a whole wheat pita



Yogurt, fruit and granola



Quinoa with green beans, peppers, and fish

Stay active at all ages!



For more information please contact:

