

**CANADA'S FOOD GUIDE
RECOMMENDATIONS
FOR HEALTH**

Eat protein
foods
(1/4 plate)

Water is the
best hydration
source
(8+ glasses)

Choose whole grains
when you can
(1/4 plate)

Eat plenty of
vegetables and
fruits
(1/2 plate)

Enjoy your food,
practice
gratitude

Be mindful of
your habits

Limit highly
processed/
refined foods

Cook more
often, gain
new skills!

Eat with
others when
you can

Get familiar
with food
labels

Be mindful of
marketing
influences



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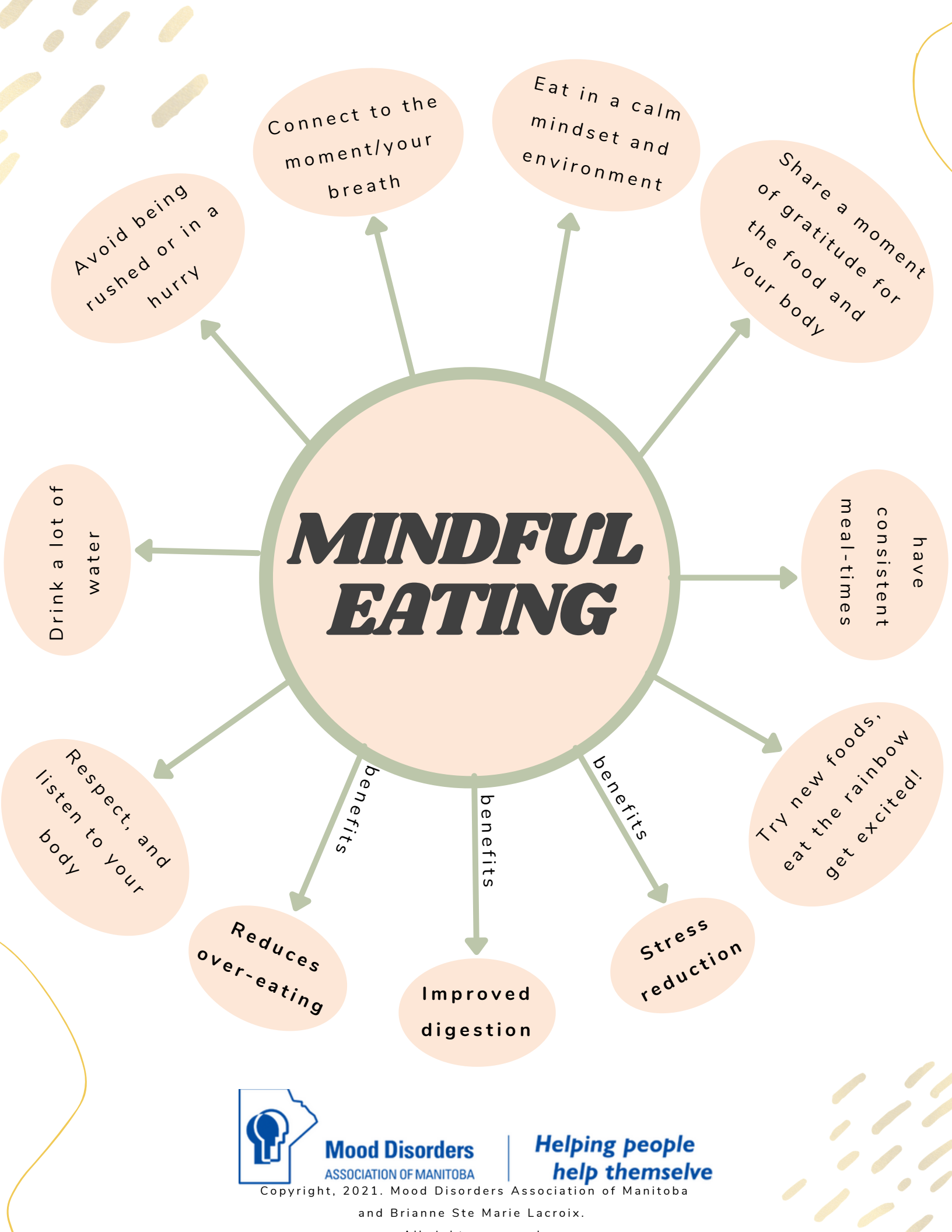


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MINDFUL EATING

Avoid being rushed or in a hurry

Connect to the moment/your breath

Eat in a calm mindset and environment

Share a moment of gratitude for the food and your body

have consistent meal-times

Try new foods, eat the rainbow get excited!

Stress reduction

Improved digestion

Reduces over-eating

Respect, and listen to your body

Drink a lot of water

benefits

benefits

benefits



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FRUITS & VEGGIES

Original fast-food
= quick snacks

Try to make **half**
of your plate
fruits and
veggies

Enhance their
flavour by
exploring herbs,
spices, flavoured
vinegars and/or
oils

Are loaded with:
-vitamins/ minerals
-antioxidants
-fibre

Fresh, frozen, or canned
without added sugar,
seasoning, or rich sauces
are great depending on
what's available to you.

Fruit juices are high in
sugar and don't have the
benefits of fibre - **best to**
swap for water when
possible.

**Eat the
Rainbow!**
Try new foods.

Immunity
boosters!

Eating a variety may
lower risk of heart
disease, and many
other illnesses

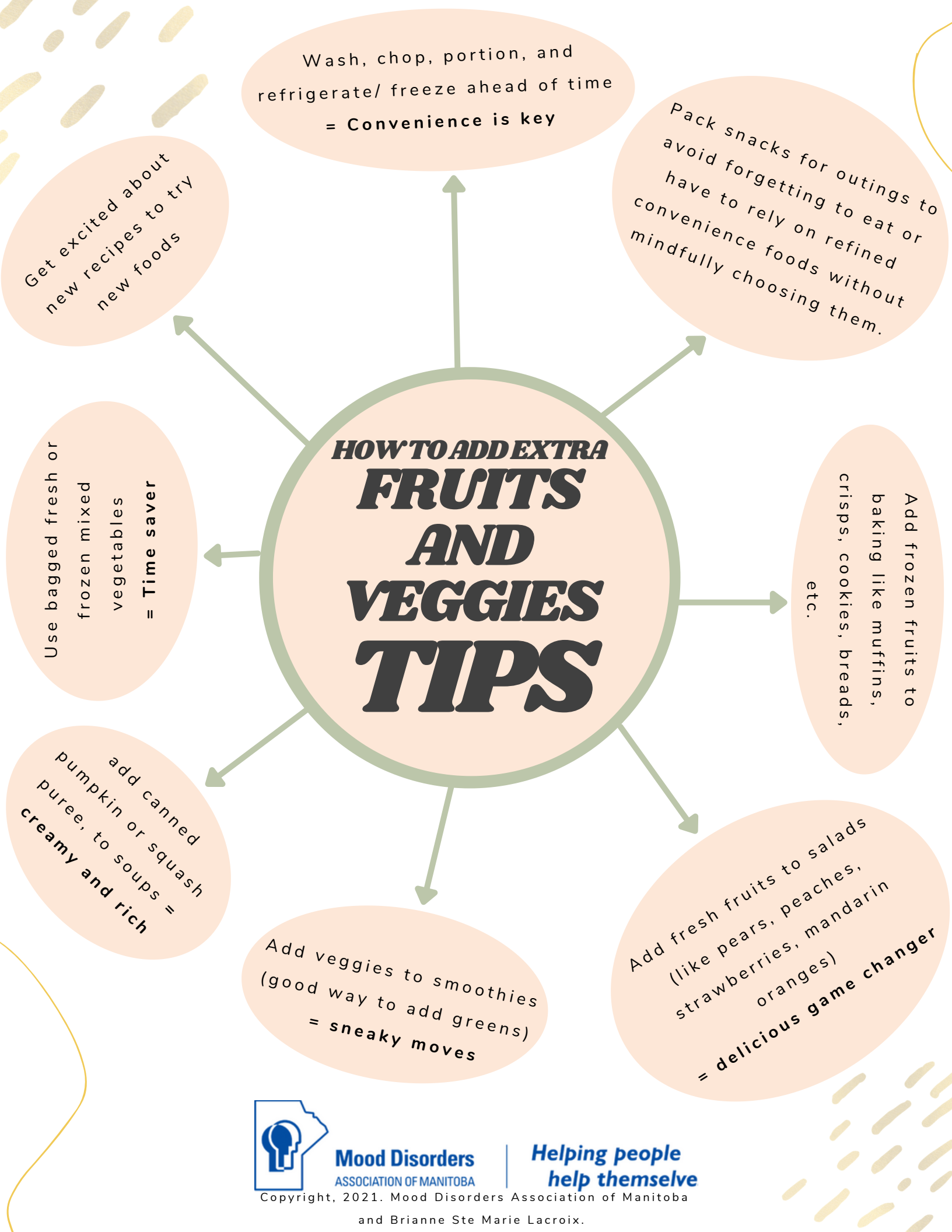


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HOW TO ADD EXTRA FRUITS AND VEGGIES TIPS

Wash, chop, portion, and refrigerate/ freeze ahead of time
= **Convenience is key**

Pack snacks for outings to avoid forgetting to eat or have to rely on refined convenience foods without mindfully choosing them.

Add frozen fruits to baking like muffins, crisps, cookies, breads, etc.

Add fresh fruits to salads (like pears, peaches, strawberries, mandarin oranges)
= **delicious game changer**

Add veggies to smoothies (good way to add greens)
= **sneaky moves**

add canned pumpkin or squash puree, to soups = **creamy and rich**

Use bagged fresh or frozen mixed vegetables
= **Time saver**

Get excited about new recipes to try new foods



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HEALTHY SNACK IDEAS

SMOOTHIES

pro-tip: peel and freeze bananas, add some water/milk/plant based alternative (bit at a time) then blend = **like ice-cream!**

FROZEN FRUIT

pro-tip: freeze seedless grapes, cubed mango, strawberry chunks, let them thaw a bit = **popsicle bites!**

WHOLE GRAIN BAKED PITA CHIPS OR CRACKERS

with hummus or guacamoly

NUTS AND SEEDS

HARD-BOILED EGGS

YOGURT WITH FRUIT AND GRANOLA

FRESH FRUIT

pro-tip: keep in an easy-access bowl and/or prepare portions for easy convenience!

VEGGIES AND HUMMUS

- carrot sticks
- celery sticks
- cauliflower and/or broccoli
- cucumber slices
- bell peppers



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