

# Healthy Eating is simple with Canada's Food Guide

Eating well and being active are two key ingredients to a healthy lifestyle. As parents, we want to be positive role models for our kids. Offering healthy foods as a part of meals and snack will help to create healthy habits. Ensuring that meals/snacks are “balanced” means including 3-4 food groups at each meal and 2 food groups at snacks. Using the Canada's Food Guide can to ensure that you and your family are meeting your daily vitamin and mineral needs. Healthy eating and regular physical activity can help reduce the risk of obesity, type 2 diabetes, heart disease, osteoporosis and certain types of cancers.

The food guide is intended for individuals 2 years of age and older. Inside the guide, there is a chart of the recommended number of food guide servings per day. Find your age and gender to discover how many servings you require each day.

Here are some easy tips to help you make healthy choices from each of the four food groups!

## Fruit and vegetables

- ✓ Eat at least one dark green and orange vegetable daily
- ✓ Choose fruits and veggies that are low in salt, sugar and fat
- ✓ Eat your vegetables and fruit more often instead of drinking juice

## Grains Products

- ✓ Choose grains that are prepared with little or no added salt, sugar and fat
- ✓ Choose whole grains more often. Try to make half of your grain choices as whole grains

## Milk and Alternatives

- ✓ Choose lower fat dairy products more often. Drink skim, 1% or 2% milk every day.
- ✓ Choose lower fat alternatives
- ✓ Drink fortified soy beverage if you do not drink milk to help get the calcium and vitamin D that you need.

## Meat and Alternatives

- ✓ Include meat alternatives like beans into your diet more often
- ✓ Choose leaner meats and alternatives prepared with little or no added salt or fat
- ✓ Include fish into the diet at least twice a week.

For more information and/or to obtain your own copy of the guide please visit the Health Canada website at

[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

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