



Health  
Canada

Santé  
Canada

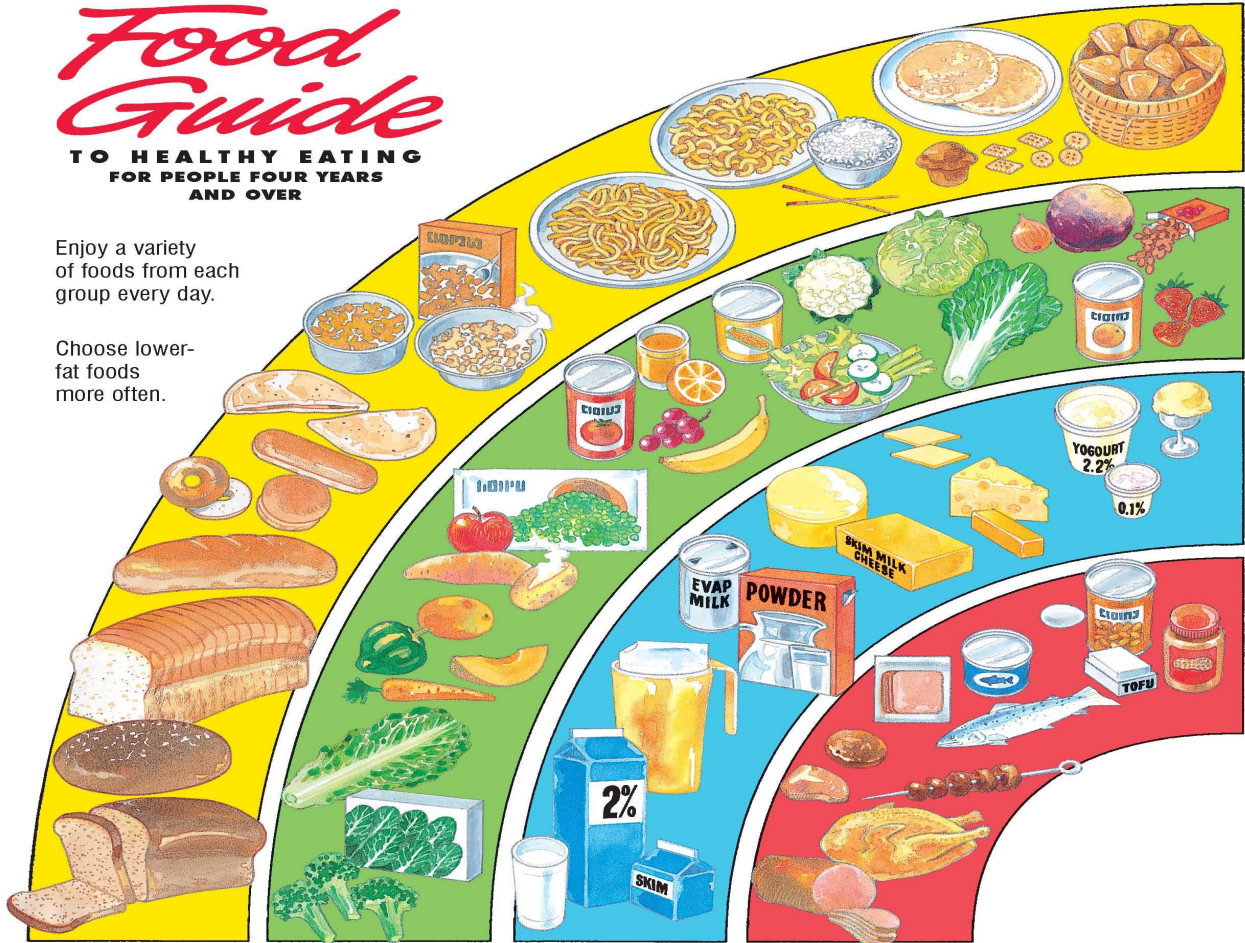
CANADA'S

# Food Guide

TO HEALTHY EATING  
FOR PEOPLE FOUR YEARS  
AND OVER

Enjoy a variety  
of foods from each  
group every day.

Choose lower-  
fat foods  
more often.



## Grain Products

Choose whole grain  
and enriched  
products more often.

## Vegetables and Fruit

Choose dark green and  
orange vegetables and  
orange fruit more often.

## Milk Products

Choose lower-fat milk  
products more often.

## Meat and Alternatives

Choose leaner meats,  
poultry and fish, as well  
as dried peas, beans  
and lentils more often.

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