

Canada's New Food Guide ...

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The new Canada Food Guide encourages all of us to become more mindful eaters. Our context does matter and our social and physical environments influence what food is available to eat. Using the new guide to help us means that more of us will be able to meet our nutritional needs. In Canada, diet-related factors have become a leading cause of death – let's turn that around and build a strong nutritional base for future health and well-being.

Photo Below:

Canada's 2019 Food Guide in Photo Form ... from the Food-Guide.Canada.ca website.

The plate above shows that your diet should be 50% veggies and fruits, 25% protein and 25% whole grain foods.

Also, drink lots of water, cook and eat at home with others.

**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**



**Choose
whole grain
foods**