



GOLD'S GYM BRITISH COLUMBIA

# Canadian Food Guide

## *Daily Recommendations*

Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

Discover your food guide at

[Canada.ca/FoodGuide](http://Canada.ca/FoodGuide)

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Print Cat: H164-2571-2019E ISBN: 978-0-660-28753-4 PDF Cat: H164-2571-2019E-PDF ISBN: 978-0-660-28753-7 Pub: 180564





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## *Daily Recommendations*

Healthy eating is more than the foods you eat



**Be mindful of your eating habits**



**Cook more often**



**Enjoy your food**



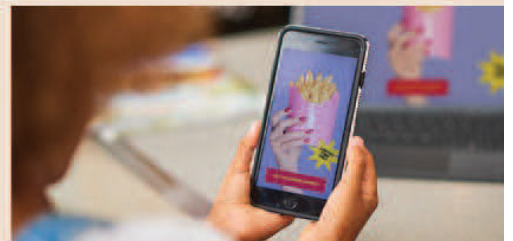
**Eat meals with others**



**Use food labels**



**Limit foods high in sodium,  
sugars or saturated fat**



**Be aware of food marketing**

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