

Canada's Food Guide to Healthy Eating

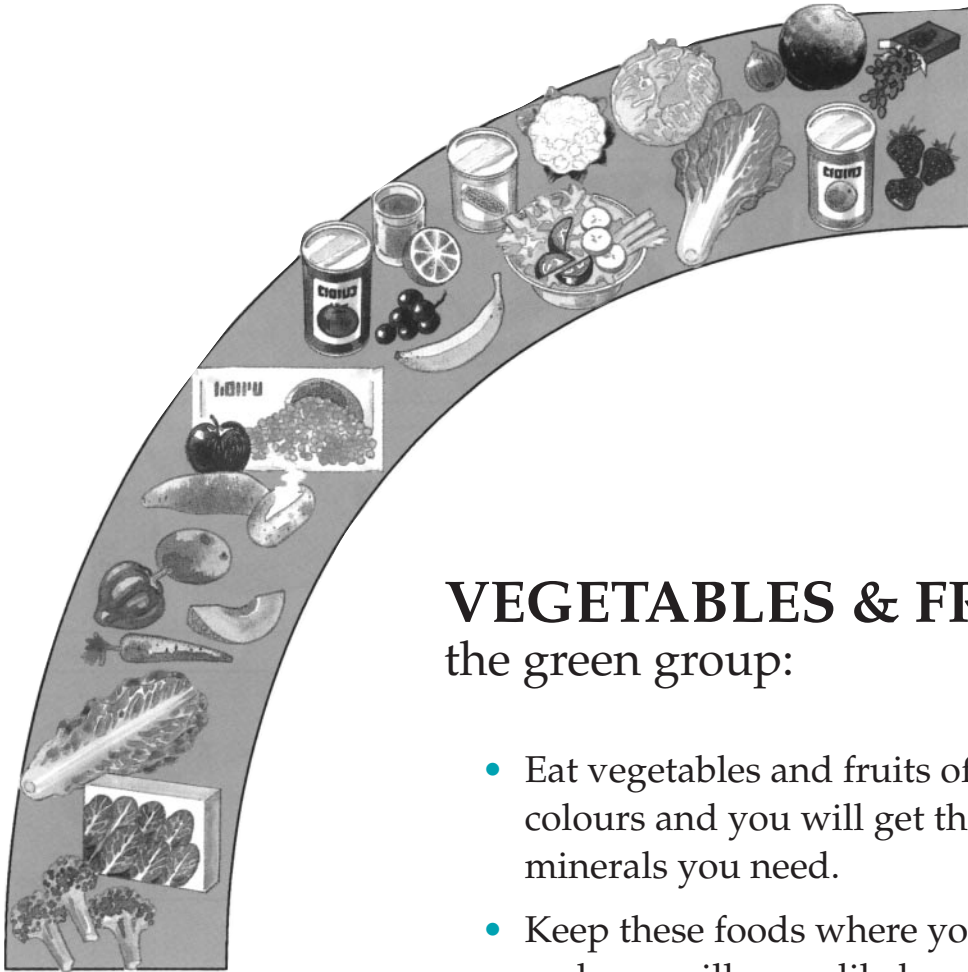
Canada's Food Guide to Healthy Eating is like a rainbow of good health. Each colour is for a different food group.

The yellow and green group at the top of the rainbow are the largest groups. Foods in these groups should be the main part of your meals. Foods from the blue and red groups are also important, as a smaller part of your meals.

A healthy meal has three or four food groups. If you have tea with toast and jam for breakfast that is only one food group. If you put a slice of cheese on your toast and also have a dish of applesauce, you will have a healthy breakfast. Try to eat at least three healthy meals every day.

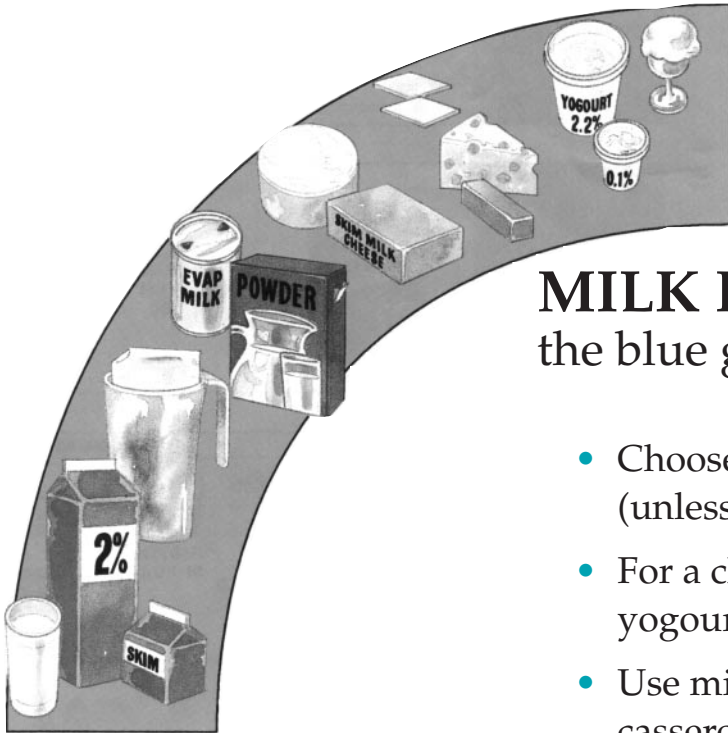
Refer to your copy of the Canada's Food Guide to Healthy Eating.





VEGETABLES & FRUIT – the green group:

- Eat vegetables and fruits of different colours and you will get the vitamins and minerals you need.
- Keep these foods where you will see them, and you will more likely eat them.
- Keep a supply of dried, canned or frozen fruits and vegetables in your freezer or cupboard.
- If chewing is a problem, grind or chop fruits and vegetables in a blender.
- Add chopped vegetables to soups, stews and casseroles.
- Use a baked potato as the basis for a quick and easy meal.
- Vegetables taste best and have the most vitamins when they are steamed, lightly cooked or eaten raw.
- Eat fresh or unsweetened canned fruit for a dessert or snack.



MILK PRODUCTS – the blue group:

- Choose low-fat milk and milk products (unless you are trying to gain weight).
- For a change, have hot cocoa, buttermilk or yogurt.
- Use milk and cheese in soups, sauces, casseroles and puddings.
- Mix fruit with milk, ice cream or yogurt to make a shake.
- If you don't care for milk and milk products, or they upset your stomach, there are other ways to get calcium. See Handout — Keeping Your Bones Strong.



MEAT & ALTERNATIVES – the red group:

- These foods have protein and include red meats, fish and chicken, and vegetables like brown beans, chick peas and peanuts.
- Choose lean meat and lean chicken to help cut back on fat.
- Instead of cooking meat for supper, try either canned meat, fish, or brown beans.
- An egg can be part of any meal.