

# Eat well. Live well.

### Eat a variety of healthy foods each day



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## Canada.ca/FoodGuide

Canada

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# Canada's food guide **Eat well. Live well.**

### 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

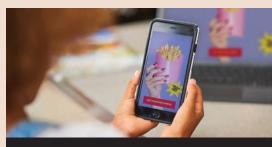


**Use food labels** 

Santé Canada



Limit foods high in sodium, sugars or saturated fat



Be aware of food marketing

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