

Eat Well

Try a new veggie or fruit every week

Make at least half your grain products whole grain each day

Choose fish, lean meat and alternatives like beans, lentils and tofu

Drink 2 cups of milk or fortified soy beverage every day

BUILD YOUR OWN HEALTHY EATING HABITS

Eat a variety of foods from the four food groups and remember to check the Nutrition Facts table on packaged foods when grocery shopping to help you choose and compare foods. **Bon appétit!**



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LEARN MORE AT:

[HealthyCanadians.gc.ca/eatwell](https://www.healthycanadians.gc.ca/eatwell)

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