

## Recommendations taken from the 2019 Canada Food Guide

Eat a variety of healthy food each day including plenty of vegetables and fruit, whole grain foods and protein food.

- Choose plant-based protein foods more often. These include legumes, nuts, seeds, tofu, fortified soy beverage, fish, shellfish, eggs, poultry, lean red meat including wild game, lower fat milk, lower fat yogurts, lower fat kefir and cheeses lower in fat and sodium.
- Choose foods with healthy fats instead of saturated fat.
- Limit highly processed foods.
  - If you choose these foods, eat them less often and in small amounts.
- Prepare meals and snacks with ingredients that have little or no added sodium, sugars or saturated fat.
- Choose healthier menu options when eating out.
- Make water your drink of choice.
  - Replace sugary drinks with water.
- Use food labels to help guide your choices.
- Be aware that food marketing can influence your choices.

Be mindful of your eating habits, take time to eat, notice when you are hungry and when you are full, involve others in planning and preparing food. Cook more often, eat meals with others and enjoy your food.

Culture and food traditions can be part of healthy eating.

For more information on the 2019 Canada Food Guide visit: <https://food-guide.canada.ca/en/>

Note: If you are not able to eat as suggested in the food guide, it may be helpful to speak with a dietitian at Dietitian Services at HealthLinkBC (811 throughout BC)