

CARBOHYDRATES

Fruits



Dairy products



Grains and Starches



Sweet Foods



NO CARBOHYDRATES

Vegetables



Non-nutritive foods



Proteins



Fats



Canada's food guide

Food choices

Eating habits

Recipes

Tips

Resources

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

