

Canada's Food Guide

Eating Well with Canada's Food Guide is a tool to help Canadians meet their energy and nutrient needs and reduce their risk of obesity and chronic diseases such as type 2 diabetes and heart disease.

Canada's Food Guide recommends servings by age and gender for Canadians two years of age and over. The food guide emphasizes vegetable and fruit consumption, provides direction on oils and fats and recommends limiting foods and beverages that are high in calories, fat, sugar or salt. It also provides physical activity messages and addresses the importance of reading food labels.

Canada's Food Guide has been translated into 10 different languages besides English and French. To get your own copy of the food guide and to find other helpful nutrition information, please visit Health Canada's website at www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php.

For more information, call Toronto Health Connections at 416-338-7600 or visit www.toronto.ca/health (see A-Z index, Nutrition).

Last updated August 2010