

What does a Healthy Diet Look Like?

**one quarter:
foods rich in protein***

various beans, pulses,
nuts, seeds, fish
yoghurt, tofu
poultry, egg
& meat

*in reality **all** the other
foods on this 'plate'
contain protein too,
including the whole
grains below ...

**one quarter:
a range of
whole grain foods**

brown rice
wholemeal bread & pasta
other examples include:
oats, corn, rye, barley
buckwheat, and millet



**one half:
all kinds of
vegetables
and fruits**

like broccoli,
carrots, blueberries
strawberries,
peppers, apples,
red cabbage,
spinach, squash,
potatoes, tomatoes
and peas.
mushrooms too.

The more different
kinds of plants we eat
the healthier our gut.
The bright colours and
strong flavours that
occur **naturally** in
edible plants are
beneficial.

Source: Health Canada 'Welcome to Canada's Food Guide', 2018 <https://food-guide.canada.ca/en>
This is a 'national' level food guide which was created with no influence from the food industry