

## A Healthy Eating Pattern

Canada's Food Guide recommends a diet containing a variety of vegetables and fruit, whole grain foods and protein foods. The Guide recommends a plate to be made up of 1/2 fruit and vegetables, 1/4 whole grain foods and 1/4 protein foods.

### Vegetables and fruits

are typically high in fibre, vitamins and minerals.

Eating a variety of vegetables and fruit each day supports a healthy balanced diet.

You should include plenty of vegetables and fruits in your meals and snacks. Try making half of your plate vegetables and fruits.

Examples include:  
Broccoli, carrots, apples, berries, lettuce, spinach etc.

**Protein** helps build, maintain and repair muscle. It also supports the health of hair, skin and nails. As you age protein is increasingly important to maintain and repair muscle.

Choose protein foods that come from plants more often. Plant-based protein foods can provide more fibre and less saturated fat than other types of protein foods. This can be beneficial for your heart health.

Examples of protein foods include: Meat, poultry, eggs, legumes, yogurt etc.



**Whole grain** foods are high in fibre, vitamins and minerals. Whole grain foods are a healthier choice than refined grains because whole grain foods include all parts of the grain.

Whole wheat and multi-grain foods may not be whole grain. One of the ways to help identify whole grain foods is to look for "whole grain" on the ingredient list.

Examples include:  
Quinoa, wild rice, whole grain pasta, oats etc.

### Challenge:

Try to use Canada's Food Guide snapshot to plan your next meal. Can you make your plate have 1/2 fruits and vegetables, 1/4 whole grain foods, and 1/4 protein foods?