



## Canada's Food Guide Tips

### Eat at least one dark green and one orange vegetable each day

- Go for dark green vegetables such as broccoli, romaine lettuce, green beans and spinach.
- Go for orange vegetables such as carrots, sweet potatoes, yams, winter squash and orange peppers.

### Choose vegetables and fruit prepared with little or no added fat, sugar or salt (sodium)

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

### Have vegetables and fruit more often than juice

### Make at least half of your grain products whole grain each day

- Eat a variety of whole grains such as barley, brown rice, oats, wild rice and quinoa.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

### Choose grain products that are lower in fat, sugar or salt (sodium)

- Compare the Nutrition Facts table on labels of packaged food to make wise choices.

### Drink skim, 1%, or 2% milk each day

- Drink fortified soy beverages if you do not drink milk.

### Select lower-fat milk alternatives

- Compare the Nutrition Facts table on yogurts or cheeses.

### Have meat alternatives such as beans, lentils, nut butters and tofu often

### Select lean meat and alternatives prepared with little or no added fat or salt (sodium)

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, choose those lower in salt (sodium) and fat such as turkey, ham or beef. Limit sausage, bologna or salami (circle meats), as they tend to be higher in salt (sodium) and fat.