

# Keys to Healthy Eating



Have vegetables and fruit more often than juice.

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



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



Have meat alternatives such as beans, lentils and tofu often.

Satisfy your thirst with water.



Be active every day.



For more information and to obtain a copy of the NEW "Canada's Food Guide" contact your Health and Wellness Committee or phone 1-800-841-2729 ext. 2863.