



# What Defines Healthy Eating?



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



# What Defines Healthy Eating?

## According to Canada's Food Guide...

Eating healthy includes:

- Having plenty of vegetables and fruits
- Choosing whole-grain foods
- Eating protein foods
- Making water your drink of choice

**This is how your plate should look like:**



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by

