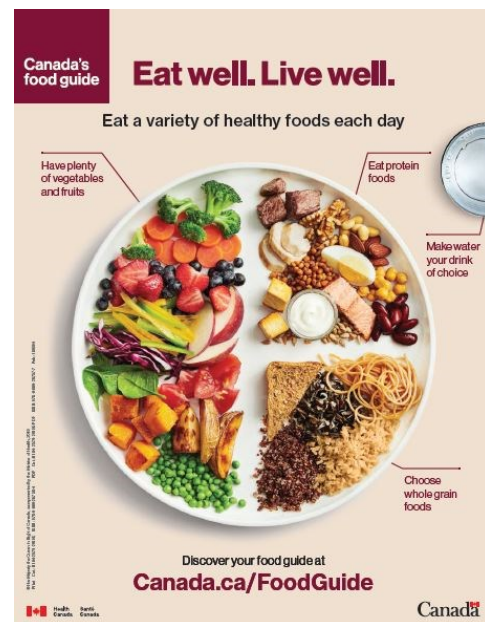


Food to Focus On

Canada's Food Guide provides useful information, including what foods and drinks to have most often.

The new guide suggests people make it a habit to eat a variety of healthy foods each day. Instead of serving suggestions, the food guide focuses on proportions of foods on your plate, in your bowl or in your lunch box:

- [Have plenty of vegetables and fruit](#)—about 1/2 your plate
- [Choose whole grain foods](#)—about 1/4 of your plate
- [Eat protein foods](#)—about 1/4 of your plate—choose protein foods that come from plants more often, like lentils and beans.
- [Make water your drink of choice.](#)



The foods pictured on the food guide snapshot are great healthy choices, but many other healthy choices fit as well. Take time to explore the [Food Guide online](#) and learn about many more [healthy choices to include on your plate](#). There are also [recipes](#) available to help turn those wonderful ingredients into delicious meals.