



The Balanced Plate



Eat regular meals and snacks (every 3-4 hours) that combine vegetables, protein, and a source of fibre. Take your time enjoying your meals with friends and family!



Vegetables

- Eat dark green vegetables daily and orange vegetables regularly
- Fresh, frozen, or no-salt-added canned options all count
- Dark green: spinach, kale, broccoli, bok choy
- Orange: carrots, sweet potato, squash, peppers
- Other: cucumber, zucchini, mushrooms, cauliflower

Fibre-Rich Foods

- Whole grains: brown rice, oats, quinoa, whole grain bread/pasta
- Starchy vegetables: potatoes, corn, peas, plantain
- Fruits: apples, berries, citrus, melons

Protein

- Chicken, turkey, eggs
- Salmon, mackerel, shrimp, tuna
- Lentils, beans, edamame, tofu, nuts and seeds
- Greek yogurt, cottage cheese

Hydration First

- Make water your drink of choice
- Don't wait until you're thirsty

Build a Balanced Plate

No matter how you eat—mixed meals, bowls, or family style—aim to fill most of your plate with vegetables and fruits.

Adapted from Canada's Food Guide (January, 2019)