



# PHYSICAL WELLNESS



## INFORMATION RESOURCES

Visit the Government of Canada's Website @

<https://food-guide.canada.ca/en/>

To learn about CANADA'S FOOD GUIDE

You'll find lots of information about **CANADA'S FOOD GUIDE**, meal planning, nutritious recipes, and more.

Subscribe to the site to get monthly updates about healthy eating choices.

Government of Canada / Gouvernement du Canada

Search Canada.ca

MENU

Canada.ca > Health > Food and nutrition

Canada's food guide

Food guide snapshot

The kitchen

Tips for healthy eating

Resources

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Item 1 of 3

Play

If you don't have computer access to the Internet, visit the Grimsby Public Library, or your local library. They can help you.