

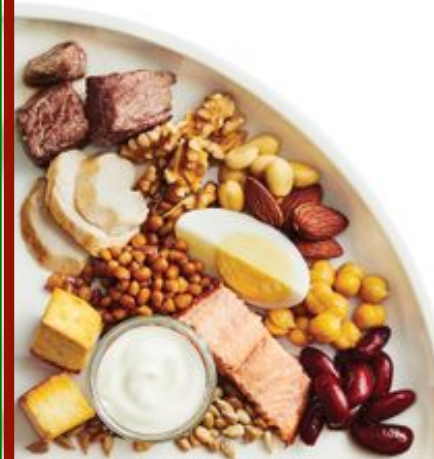
## **This is the new Canadian “Healthy Food Plate”**

every part of the plate has foods containing protein, calcium, and healthy oils

**one half:**  
**vegetables of all kinds and fruits** like broccoli, carrots, blueberries, strawberries, peppers, apples, red cabbage, spinach, squash, potatoes, tomatoes and peas



**one quarter:**  
**various beans, pulses, nuts, seeds, fish, yoghurt, tofu, poultry, egg & meat**



**one quarter:**  
**a range of whole grain foods**  
wholemeal bread and pasta, brown rice.  
other examples include: oats, corn, rye, barley, buckwheat, and millet



**the plate was designed by nutritional scientists and health experts  
with no involvement from the food industry**