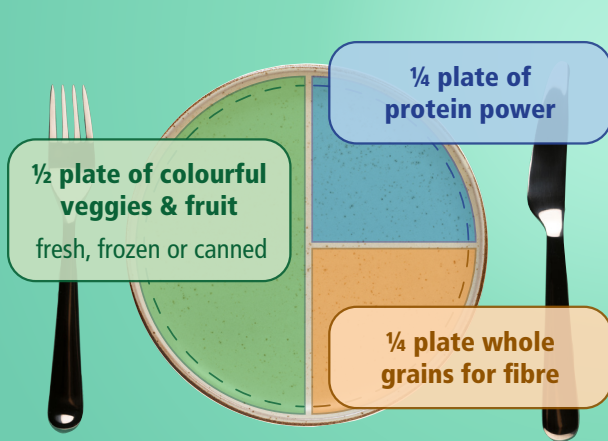


Fuel Your Day

with Canada's Food Guide Plate

To stay active, focus in school and feel your best



Pro Tips

- Eat breakfast to start your day strong.
- Choose water over sugary drinks.
- Choose plant-based proteins more often.
- Rinse canned veggies, beans, peas and lentils to reduce salt.
- Choose foods that you like and have at home.

Use the proportions of Canada's food guide plate as a general guide for your meals and snacks. Aim for overall balance throughout your day.

Meal examples

- Quinoa salad with chickpeas or lentils
- Brown rice bowl with veggies and eggs
- Tofu and veggie scramble with whole grain toast
- Whole grain wrap with chicken, lettuce and tomato



Snack examples

- Oatmeal with fruit
- Nut butter on banana
- Hummus with veggie sticks
- Fruit and spinach smoothie

