

Use Canada's Food Guide Plate



Use the Canada's food guide plate to help children get the nutrients they need.

- Enjoy your food
- Include culture and food traditions
- Eat meals with others to spend time together

Offer:

- $\frac{1}{2}$ of the meal as vegetables and fruits
- $\frac{1}{4}$ of the meal as protein foods
- $\frac{1}{4}$ of the meal as whole grain foods



Use the plate as a guide even when the foods in your meal are mixed together, like in a soup, stir-fry, curry, stew, or casserole.

Offer water or milk to drink. Fortified soy beverage can be offered to children over 2 years of age.



For more information:

Visit AHS.ca/HealthyEatingStartsHere, and

Canada.ca/FoodGuide

Email PublicHealthNutrition@AHS.ca