



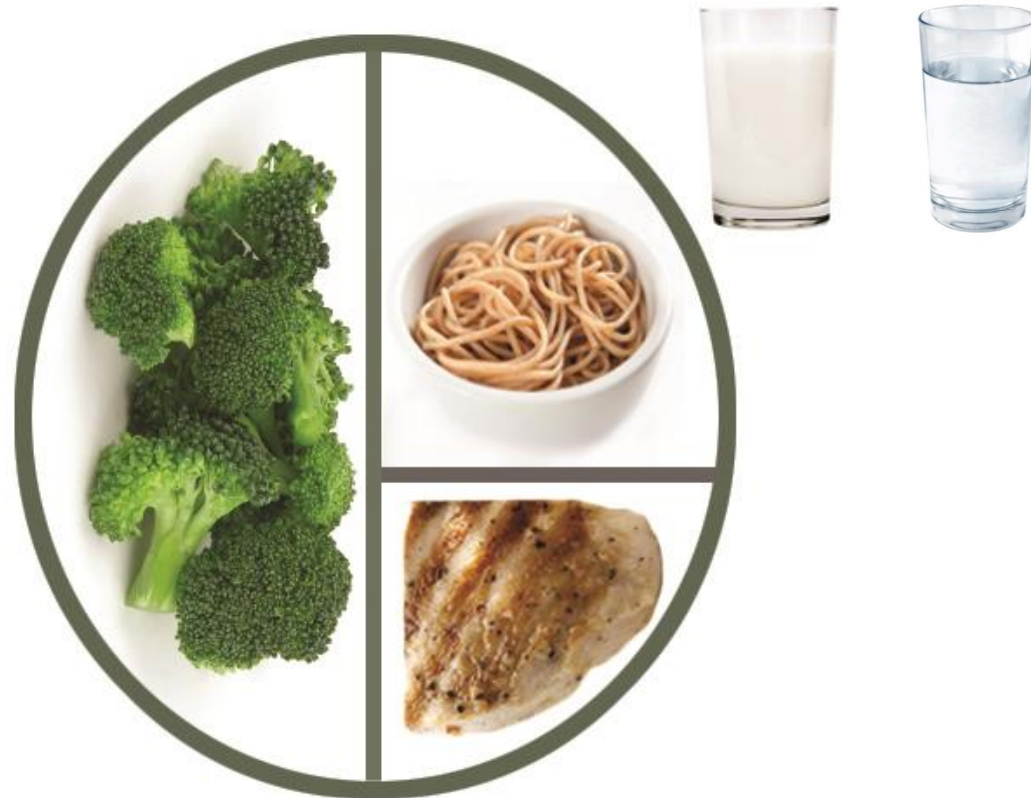
Build a Healthy Meal

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Healthy meals contain
3–4 Food Groups
from
Canada's Food Guide.

Build a Healthy Meal





Vegetables and Fruit

Lettuce, pepper, onion

Grain Products

Whole grain wrap

Milk and Alternatives

Cheese

Meat and Alternatives

Chicken