

# Canada's food guide **Tips for healthy eating**

## Meal planning, cooking and healthy choices

Planning, buying and cooking healthy food, Canada's food guide plate, recipes, eating on a budget, food waste and the environment, sugar substitutes



Diets and food trends



Improving your eating habits



Adjusting recipes to meet your needs

## Healthy eating anywhere

At home, at school, at work, in the community, when eating out



Home



School



Work

## Life stages

Nutritional needs and healthy eating habits, children, older adults



Teens



Parents



Adults



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