

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

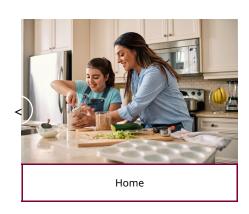






Healthy eating anywhere

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

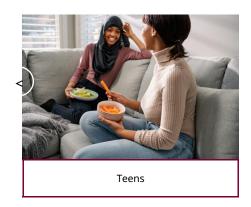






Life stages

Nutritional needs and healthy eating habits, children, older adults









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