

Name: _____

Canada's Guidelines For Healthy Eating

Fill in the blanks with the words below and give examples of how you can achieve each of the guidelines.

caffeine fat grain products physical activity variety

1. Enjoy a _____ of foods.
I can achieve this by: _____.
2. Emphasize cereals, breads, other _____, vegetables and fruit.
I can achieve this by: _____.
3. Choose lower fat dairy products, leaner meats and foods prepared with little or no _____
I can achieve this by: _____.
4. Achieve and maintain a healthy body weight by enjoying regular _____ and healthy eating.
I can achieve this by: _____.
5. Limit salt, alcohol and _____
I can achieve this by: _____.