

# CANADA'S FOOD GUIDE TO HEALTHY EATING

## GRAIN PRODUCTS



**Food:** 1: Crackers  
**File:** 1-CRACKR.tif  
1-CRACKR.jpg



**Food:** 2: Bread  
**File:** 2-BREAD.tif  
2-BREAD.jpg



**Food:** 3: Hamburger bun  
**File:** 3-HAMBUN.tif  
3-HAMBUN.jpg



**Food:** 4: Bagel  
**File:** 4-BAGEL.tif  
4-BAGEL.jpg



**Food:** 5: Brown rice  
**File:** 5-BNRICE.tif  
5-BNRICE.jpg



**Food:** 6: Bag of white rice  
**File:** 6-WTRICE.tif  
6-WTRICE.jpg



**Food:** 7: Plate of spaghetti  
**File:** 7-SPAGET.tif  
7-SPAGET.jpg



**Food:** 7a: Bag of spaghetti  
**File:** 7a-SPAGT.tif  
7a-SPAGT.jpg



**Food:** 8: Bag of macaroni  
**File:** 8-MACRNI.tif  
8-MACRNI.jpg



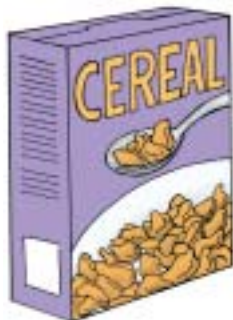
**Food:** 9: Pancakes  
**File:** 9-PNCAKE.tif  
9-PNCAKE.jpg



**Food:** 10: Bowl of hot cereal  
**File:** 10-HTCER.tif  
10-HTCER.jpg



**Food:** 11: Bowl of cold cereal  
**File:** 11-BLCER.tif  
11-BLCER.jpg



**Food:** 12: Box of cereal  
**File:** 12-BXCER.tif  
12-BXCER.jpg



**Food:** 13: Pita  
**File:** 13-PITA.tif  
13-PITA.jpg



**Food:** 14: Paposeco  
**File:** 14-PAPOS.tif  
14-PAPOS.jpg



**Food:** 15: Corn bread  
**File:** 15-CNBRD.tif  
15-CNBRD.jpg

## CANADA'S FOOD GUIDE TO HEALTHY EATING GRAIN PRODUCTS



**Food:** 16: Rolls  
**File:** 16-ROLLS.tif  
16-ROLLS.jpg



**Food:** 17: Hong Kong buns  
**File:** 17-HNHKB.tif  
17-HNHKB.jpg



**Food:** 18: Cheung Fan Buns  
**File:** 18-CHFAN.tif  
18-CHFAN.jpg



**Food:** 19: Fresh rice rolls  
**File:** 19-RCRLS.tif  
19-RCRLS.jpg



**Food:** 20: Bowl of rice  
**File:** 20-BLRIC.tif  
20-BLRIC.jpg



**Food:** 21: Bag of rice noodles  
**File:** 21-RICND.tif  
21-RICND.jpg



**Food:** 22: Bowl of noodles  
**File:** 22-BLNOD.tif  
22-BLNOD.jpg



**Food:** 23: Bowl of congee  
**File:** 23-CONGE.tif  
23-CONGE.jpg



**Food:** 24: Roti  
**File:** 24-ROTI.tif  
24-ROTI.jpg



**Food:** 25: Naan  
**File:** 25-NAAN.tif  
25-NAAN.jpg



**Food:** 26: Dosa  
**File:** 26-DOSA.tif  
26-DOSA.jpg



**Food:** 27: Pittu and Stringhoppers  
**File:** 27-PITTU.tif  
27-PITTU.jpg



**Food:** 28: Itli  
**File:** 28-ITLI.tif  
28-ITLI.jpg



**Food:** 29: Empanada  
**File:** 29-EMPAN.tif  
29-EMPAN.jpg



**Food:** 30: Tortillas  
**File:** 30-TORTI.tif  
30-TORTI.jpg



**Food:** 31: Paratha  
**File:** 31-PARAT.tif  
31-PARAT.jpg



**Food:** 32: Vietnamese Buns  
**File:** 32-VIETB.tif  
32-VIETB.jpg

# CANADA'S FOOD GUIDE TO HEALTHY EATING

## VEGETABLES & FRUIT



**Food:** 33: Broccoli  
**File:** 33-BROC.tif  
33-BROC.jpg



**Food:** 34: Carrots  
**File:** 34-CAROT.tif  
34-CAROT.jpg



**Food:** 35: Cucumber  
**File:** 35-CUCMB.tif  
35-CUCMB.jpg



**Food:** 36: Spinach  
**File:** 36-SPIN.tif  
36-SPIN.jpg



**Food:** 37: Sweet potato  
**File:** 37-SWPOT.tif  
37-SWPOT.jpg



**Food:** 38: Potato  
**File:** 38-POTAT.tif  
38-POTAT.jpg



**Food:** 39: Cantaloupe  
**File:** 39-CANTA.tif  
39-CANTA.jpg



**Food:** 40: Mango  
**File:** 40-MANGO.tif  
40-MANGO.jpg



**Food:** 41: Apple  
**File:** 41-APPLE.tif  
41-APPLE.jpg



**Food:** 42: Dates  
**File:** 42-DATES.tif  
42-DATES.jpg



**Food:** 43: Dried apricots  
**File:** 43-APPRI.tif  
43-APPRI.jpg



**Food:** 44: Raisins  
**File:** 44-RASIN.tif  
44-RASIN.jpg



**Food:** 46: Cauliflower  
**File:** 46-CAULI.tif  
46-CAULI.jpg



**Food:** 47: Turnips  
**File:** 47-TURN.tif  
47-TURN.jpg



**Food:** 48: Head of Cabbage  
**File:** 48-CABBG.tif  
48-CABBG.jpg



**Food:** 49: Kiwi  
**File:** 49-KIWI.tif  
49-KIWI.jpg



**Food:** 50: Piece of squash  
**File:** 50-SQUAS.tif  
50-SQUAS.jpg



**Food:** 51: Salad  
**File:** 51-SALAD.tif  
51-SALAD.jpg



**Food:** 52: Brussel Sprouts  
**File:** 52-BRUS.tif  
52-BRUS.jpg



**Food:** 53: Green beans  
**File:** 53-GNBEN.tif  
53-GNBEN.jpg

# CANADA'S FOOD GUIDE TO HEALTHY EATING

## VEGETABLES & FRUIT



**Food:** 54: Orange juice and orange  
**File:** 54-ORANG.tif  
 54-ORANG.jpg



**Food:** 55: Grapes  
**File:** 55-GRAPE.tif  
 55-GRAPE.jpg



**Food:** 56: Strawberries  
**File:** 56-STRAW.tif  
 56-STRAW.jpg



**Food:** 57: Bananas  
**File:** 57-BANAN.tif  
 57-BANAN.jpg



**Food:** 58: Canned tomatoes  
**File:** 58-CNTOM.tif  
 58-CNTOM.jpg



**Food:** 59: Tomato  
**File:** 59-TOMA.tif  
 59-TOMA.jpg



**Food:** 60: Onion  
**File:** 60-ONION.tif  
 60-ONION.jpg



**Food:** 61: Green pepper  
**File:** 61-GRPEP.tif  
 61-GRPEP.jpg



**Food:** 62: Red pepper  
**File:** 62-RDPEP.tif  
 62-RDPEP.jpg



**Food:** 63: Pear  
**File:** 63-PEAR.tif  
 63-PEAR.jpg



**Food:** 64: Frozen peas  
**File:** 64-PEAS.tif  
 64-PEAS.jpg



**Food:** 65: Frozen Mixed Vegetables  
**File:** 65-MXVEG.tif  
 65-MXVEG.jpg



**Food:** 66: Watermelon  
**File:** 66-WTRML.tif  
 66-WTRML.jpg



**Food:** 67: Corn  
**File:** 67-CORN.tif  
 67-CORN.jpg



**Food:** 69: Pineapple  
**File:** 69-PINE.tif  
 69-PINE.jpg



**Food:** 70: Swiss chard  
**File:** 70-SWCRD.tif  
 70-SWCRD.jpg



**Food:** 71: Collard greens  
**File:** 71-CLGRN.tif  
 71-CLGRN.jpg



**Food:** 72: Chinese greens  
**File:** 72-CNGRN.tif  
 72-CNGRN.jpg



**Food:** 73: Rapini  
**File:** 73-RAPIN.tif  
 73-RAPIN.jpg

## CANADA'S FOOD GUIDE TO HEALTHY EATING VEGETABLES & FRUIT



**Food:** 74: Pad choy  
**File:** 74-PADCO.tif  
74-PADCO.jpg



**Food:** 75: Bok choy  
**File:** 75-BOKCY.tif  
75-BOKCY.jpg



**Food:** 76: Chinese eggplant  
**File:** 76-EGGPT.tif  
76-EGGPT.jpg



**Food:** 77: Napa Cabbage  
**File:** 77-NAPA.tif  
77-NAPA.jpg



**Food:** 78: Bitter melon  
**File:** 78-BITML.tif  
78-BITML.jpg



**Food:** 79: Mushrooms  
**File:** 79-MUSH.tif  
79-MUSH.jpg



**Food:** 80: Choy sum  
**File:** 80-CHOYS.tif  
80-CHOYS.jpg



**Food:** 81: Okra  
**File:** 81-OKRA.tif  
81-OKRA.jpg



**Food:** 82: Plantain  
**File:** 82-PLANT.tif  
82-PLANT.jpg



**Food:** 83: Drumsticks  
**File:** 83-DRUM.tif  
83-DRUM.jpg



**Food:** 84: Avocado  
**File:** 84-AVAC.tif  
84-AVAC.jpg



**Food:** 85: Long gourd  
**File:** 85-LNGRD.tif  
85-LNGRD.jpg



**Food:** 86: Bitter gourd  
**File:** 86-BITGD.tif  
86-BITGD.jpg



**Food:** 87: Fenugreek  
**File:** 87-FENGK.tif  
87-FENGK.jpg



**Food:** 88: Eggplant  
**File:** 88-EGGPT.tif  
88-EGGPT.jpg



**Food:** 89: Swiss chard  
**File:** 89-SWCRD.tif  
89-SWCRD.jpg



**Food:** 90: Chinese broccoli  
**File:** 90-CHBRO.tif  
90-CHBRO.jpg



**Food:** 91: Baby bok choy  
**File:** 91-BYBCY.tif  
91-BYBCY.jpg



**Food:** 92: Amaranth  
**File:** 92-AMARA.tif  
92-AMARA.jpg

## CANADA'S FOOD GUIDE TO HEALTHY EATING MILK & FOODS HIGH IN CALCIUM



**Food:** 93: Evaporated milk  
**File:** 93-EVMLK.tif  
93-EVMLK.jpg



**Food:** 94: Powdered milk  
**File:** 94-PWMLK.tif  
94-PWMLK.jpg



**Food:** 95: Skim milk  
**File:** 95-SKMLK.tif  
95-SKMLK.jpg



**Food:** 96: 2% milk  
**File:** 96-2MLK.tif  
96-2MLK.jpg



**Food:** 97: 1% milk  
**File:** 97-1MLK.tif  
97-1MLK.jpg



**Food:** 98: Glass of milk  
**File:** 98-GLMLK.tif  
98-GLMLK.jpg



**Food:** 99: Pitcher of milk  
**File:** 99-PTMLK.tif  
99-PTMLK.jpg



**Food:** 100: Fortified soy drink  
**File:** 100-SOY.tif  
100-SOY.jpg

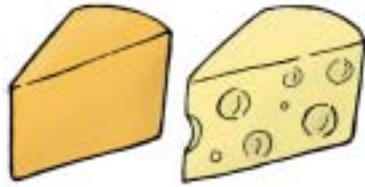


**Food:** 101: Yogurt  
**File:** 101-YOG.tif  
101-YOG.jpg



**Food:** 102: Tofu  
**File:** 102-TOFU.tif  
102-TOFU.jpg

## CANADA'S FOOD GUIDE TO HEALTHY EATING MILK & FOODS HIGH IN CALCIUM



**Food:** 103: Cheese  
**File:** 103-CHEE.tif  
103-CHEE.jpg



**Food:** 104: Cheese slices  
**File:** 104-CHEE.tif  
104-CHEE.jpg



**Food:** 105: Can of sardines  
**File:** 105-SARD.tif  
105-SARD.jpg



**Food:** 106: Can of salmon  
**File:** 106-SALM.tif  
106-SALM.jpg



**Food:** 107: Goats milk cheese  
**File:** 107-GTMK.tif  
107-GTMK.jpg



**Food:** 108: Serra cheese  
**File:** 108-SRCH.tif  
108-SRCH.jpg



**Food:** 109: Buttermilk  
**File:** 109-BTMK.tif  
109-BTMK.jpg



**Food:** 110: Paneer  
**File:** 110-PANR.tif  
110-PANR.jpg



**Food:** 136: Queso Fresco  
**File:** 136-QFRE.tif  
136-QFRE.jpg

## CANADA'S FOOD GUIDE TO HEALTHY EATING MEAT, FISH & FOODS HIGH IN PROTEIN



**Food:** 111: Chicken  
**File:** 111-CHIC.tif  
111-CHIC.jpg



**Food:** 112: Eggs  
**File:** 112-EGGS.tif  
112-EGGS.jpg



**Food:** 113: Pork chop  
**File:** 113-PORK.tif  
113-PORK.jpg



**Food:** 114: Beef  
**File:** 114-BEEF.tif  
114-BEEF.jpg



**Food:** 115: Beef kebabs  
**File:** 115-KEBA.tif  
115-KEBA.jpg



**Food:** 116: Ham  
**File:** 116-HAM.tif  
116-HAM.jpg



**Food:** 117: Mussels  
**File:** 117-MUSS.tif  
117-MUSS.jpg



**Food:** 118: Fish  
**File:** 118-FISH.tif  
118-FISH.jpg



**Food:** 118a: Fish  
**File:** 118a-FSH.tif  
118a-FSH.jpg



**Food:** 119: Shrimp  
**File:** 119-SHMP.tif  
119-SHMP.jpg



**Food:** 120: Canned fish  
**File:** 120-FISH.tif  
120-FISH.jpg



**Food:** 121: Dried beans  
**File:** 121-BNS.tif  
121-BNS.jpg



**Food:** 122: Nuts  
**File:** 122-NUTS.tif  
122-NUTS.jpg



**Food:** 123: Dried lentils  
**File:** 123-LENT.tif  
123-LENT.jpg



**Food:** 124: Peanut butter  
**File:** 124-PBUT.tif  
124-PBUT.jpg



**Food:** 125: Crab  
**File:** 125-CRAB.tif  
125-CRAB.jpg

## CANADA'S FOOD GUIDE TO HEALTHY EATING MEAT, FISH & FOODS HIGH IN PROTEIN



**Food:** 126: Squid  
**File:** 126-SQID.tif  
126-SQID.jpg



**Food:** 127: Canned chick peas  
**File:** 127-CHPE.tif  
127-CHPE.jpg



**Food:** 128: Mackerel  
**File:** 128-MACK.tif  
128-MACK.jpg



**Food:** 134: Textured soy protein  
**File:** 134-SOYP.tif  
134-SOYP.jpg



**Food:** 135: Soy bean stick  
**File:** 135-SOYB.tif  
135-SOYB.jpg