

Healthy Eating Pyramid



Having a balanced diet contributes to brain health. It's a lifestyle choice that focuses on the pleasure of eating and healthy behaviours, such as:

- Keeping the pyramid below in mind when making our menu choices
- Savouring our food
- Cooking more often
- Being mindful of our body's hunger and satiety signals to determine the quantities that meet our needs

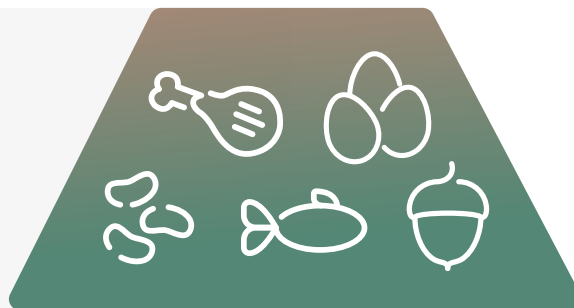
TO LIMIT

- Sugary foods and drinks
- Commercially prepared meals and snacks, fast food
- Red meat and deli meats



TO ENJOY EVERY WEEK

- Eggs
- Poultry
- Fish and seafood
- Legumes
- Nuts



TO INCLUDE EVERY DAY

- Vegetables
- Fruits
- Dairy products
- Whole grain foods
- Olive or canola oil
- Make water your drink of choice

