

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice



Choose
whole grain
foods

Discover your food guide at

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Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



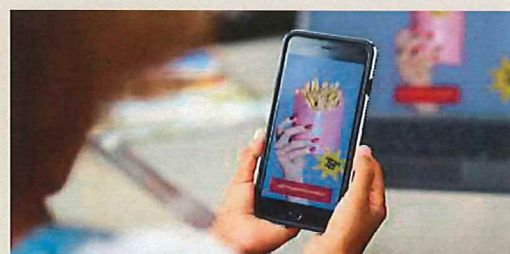
Eat meals with others



Use food labels



Limit foods high in sodium,
sugars or saturated fat



Be aware of food marketing

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Healthy eating recommendations



Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating

Eat meals with others

Make it a habit to eat a variety of healthy foods each day.

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

- Choose foods with healthy fats instead of saturated fat

Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

Make water your drink of choice

- Replace sugary drinks with water

Use food labels

Be aware that food marketing can influence your choices



Healthy eating on a budget

Healthy eating doesn't have to cost more. You can choose many different healthy foods when eating on a budget. Here are a few tips and tricks.

Set a budget

Decide how much you will spend on groceries each week, bi-weekly or month.

Stick to your list

Buying only what is on your grocery list will help you cut down on impulse buys.

Tip: Try having a healthy snack before grocery shopping, helps reduce the impulse buys.

Shop for sales

Check out flyers, coupons, mobile apps and websites for deals on foods that are on your list.

Look for reduced prices. Products getting close to their best before dates and oddly shaped or slightly bruised produce may be offered at a lower price or discount. These products are just as healthy as "perfect" varieties and buying them also helps reduce food waste.

Compare prices

Compare the unit price on the label to know which product is less expensive.

In grocery stores where price-matching is offered, use flyers to price match products on sale.

Scan different shelves. Companies pay more to place their products at eye level. You may find other versions of the same foods on higher or lower shelves.

Compare prices on generic and brand name products to see if there is a difference before choosing.

Foods sold in single-serve packaging can cost more. Buy the full size or family size version and divide it up yourself.

Stock up

Stock up on canned goods and staples when they are on sale.

Extend the shelf life of sale products. Freeze:

- Fish (Tuna or Salmon)

- fruit
- vegetables
- whole grain bread
- lean meats or poultry

Buying foods in bulk can help you save money. Be careful not to buy more than you need, because this can lead to waste.

Tip: Try canning your own fresh produce or meats and stock up that way.

Consider the season

Fresh vegetables and fruit are usually less expensive when they are in season.

Frozen and canned vegetables and fruits are also healthy options. They can be less expensive than fresh produce when it is out of season.

Tip: Drain and rinse canned vegetables to reduce salt content for healthy choice.

Choose plant-based protein foods more often

Beans, lentils and other legumes are inexpensive protein foods. Use them in your meals several times a week.

Tip: Although not plant-based, eggs are another source of inexpensive protein food.

Limit highly processed foods

Limit [highly processed foods](#). These are usually low in vitamins and minerals and can cost more. Prepare foods at home. Although they can save time, prepackaged foods such as grated cheese and pre-seasoned meat cost more.

Explore grocery stores

Shop at discount grocery stores, which offer lower prices.

Avoid grocery shopping at convenience stores, which are more expensive.

Check with your grocery store to see if it offers any discounts. Some stores feature a “seniors’ day” or a student discount day with special discounts.

Make a healthy choice

What you eat on a regular basis matters for your health.

- Choose foods that have little to no added sodium, sugars or saturated fat.
- Compare the nutrition facts table on foods to choose products that are lower in sodium, sugars or saturated fat.

(Edited and taken from <https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-eating-on-a-budget/>)