

BALANCED

MEALS

Choosing food from your culture and food traditions as part of healthy eating can help you maintain a sense of community and foster connections.



Eating healthy is a habit

Choose whole grains

Eat more fruits and vegetables especially

- Dark green (broccoli) and orange (carrots)

Choose leaner proteins and healthy fats

- Chicken, fish, shellfish, avocado, hummus

Limit highly sugared and processed foods

- Cola, candy, honey, chocolate, ice cream, etc.

Limit saturated fats

- Bacon, french fries, sauces, chips, etc.

Chicken

High in protein.

Aids in building muscle.

Fruits & Vegetables

Often high in fiber, vitamins, minerals and antioxidants.

Helps reduce the risk of heart disease.

Beans

High in fiber, protein, and antioxidants.

Brown Rice

Helps reduce the risk of heart disease.



*Information sourced from the Canadian Food Guide | food-guide.canada.ca

Scan Me!



Visit agsafebc.ca/mental-wellness/mantengo for more information and resources.

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