

Healthy eating tips

Smart, healthy, delicious Ontario grains

50%

FRUITS AND VEGETABLES

Dark green and orange vegetables such as broccoli, romaine lettuce and spinach, carrots, sweet potatoes, and winter squash are recommended.



25%

PROTEIN

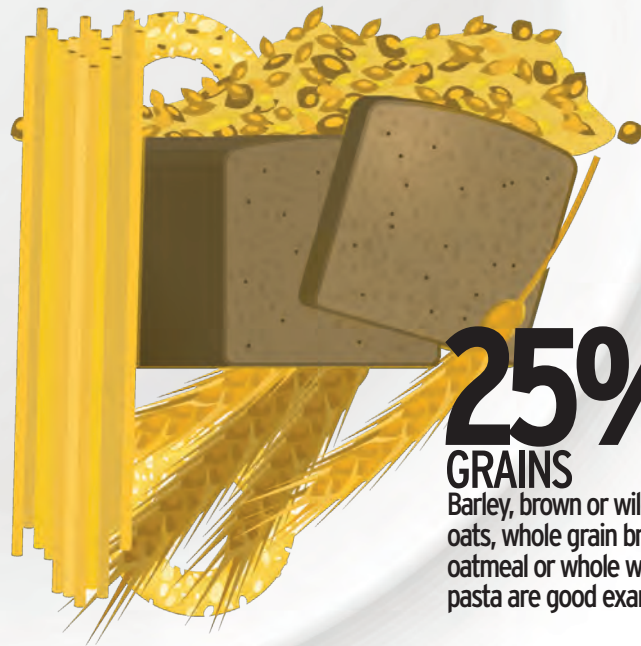
Beef, fish, poultry, eggs, nuts, dairy, soy and lentils are ideal sources of protein.



25%

GRAINS

Barley, brown or wild rice, oats, whole grain breads, oatmeal or whole wheat pasta are good examples.



Water

WITH EVERY MEAL

Don't forget to have a glass of water with every meal.



www.GoodinEveryGrain.ca