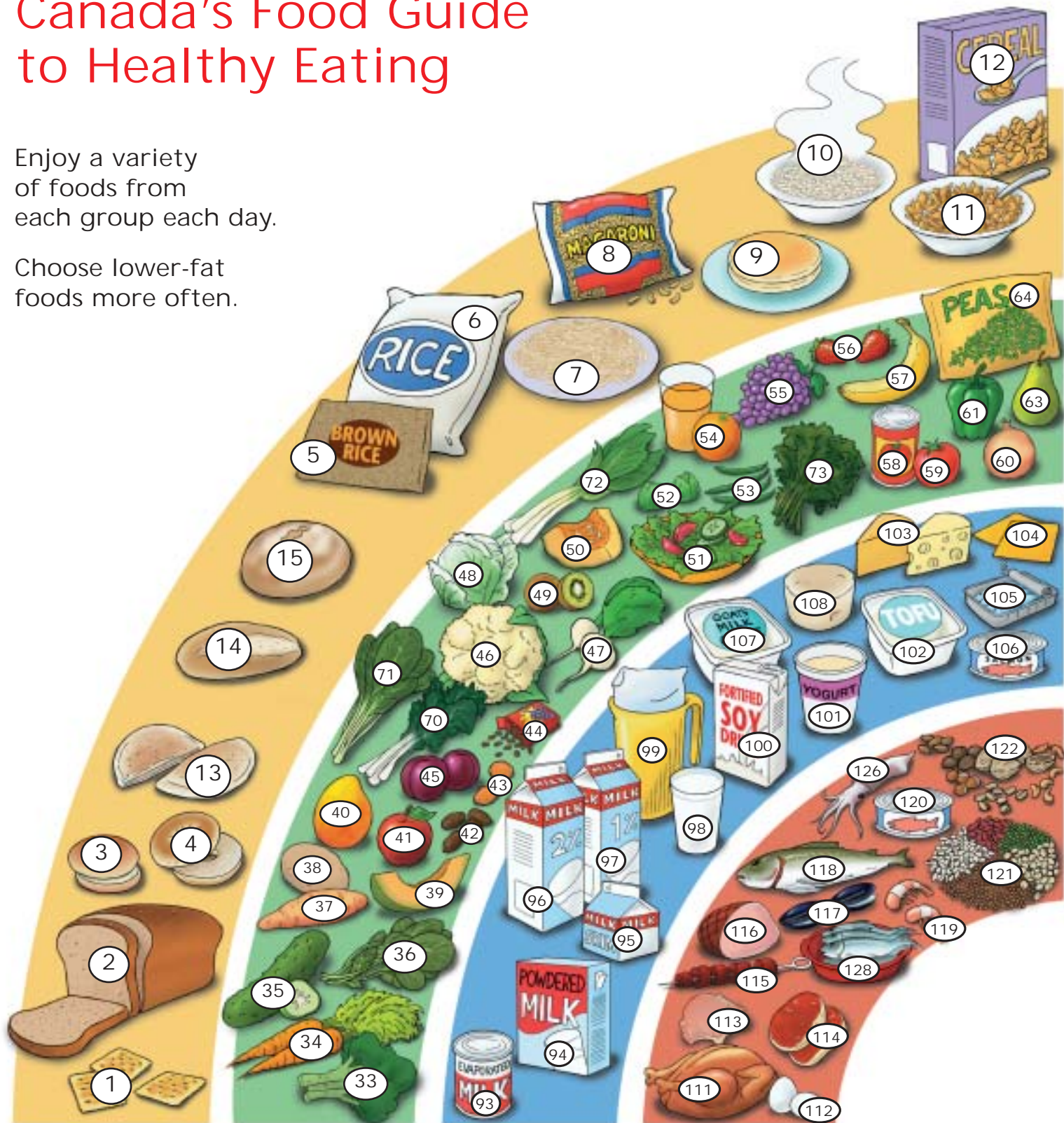


# A Portuguese Adaptation of Canada's Food Guide to Healthy Eating

Enjoy a variety of foods from each group each day.

Choose lower-fat foods more often.



Grain Products  
For energy

Vegetables & Fruit  
For healthy skin and eyes; to help prevent illness

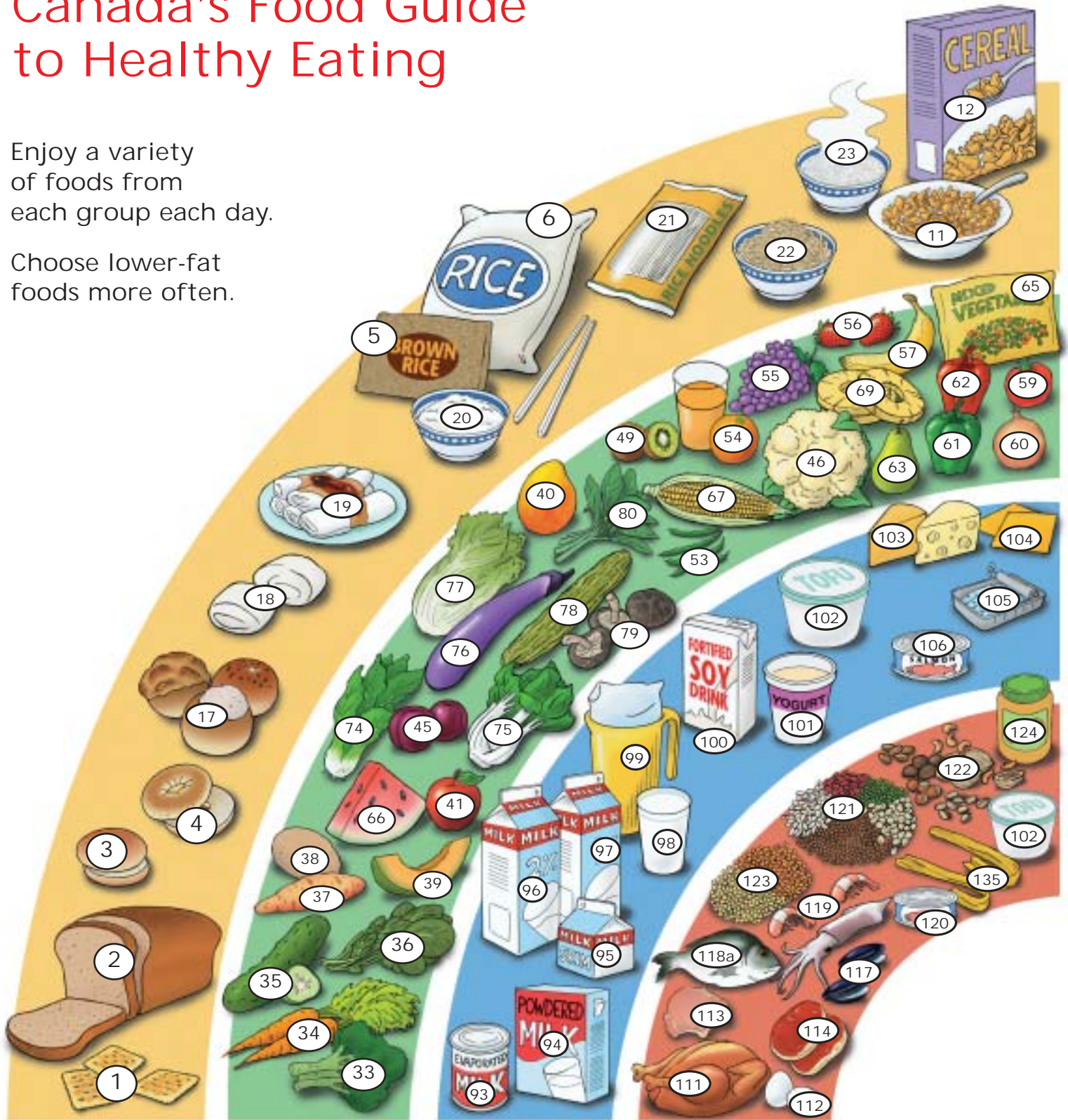
Milk & Foods High in Calcium  
For strong bones and teeth

Meat, Fish & Foods High in Protein  
For growth, for healthy blood and feeling strong

# A Chinese Adaptation of Canada's Food Guide to Healthy Eating

Enjoy a variety  
of foods from  
each group each day.

Choose lower-fat  
foods more often.



Grain Products  
For energy

Vegetables & Fruit  
For healthy skin  
and eyes; to help  
prevent illness

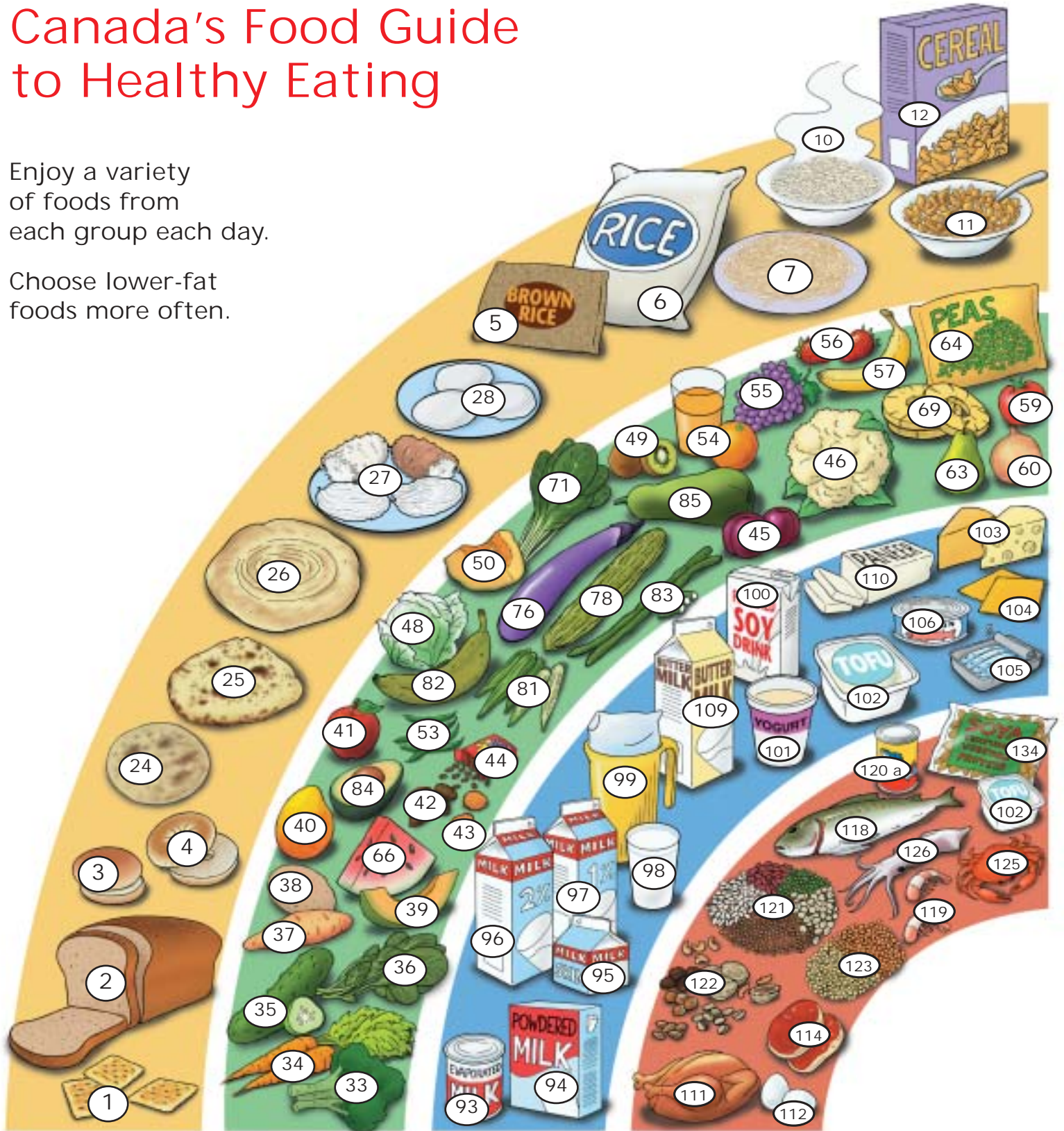
Milk & Foods  
High in Calcium  
For strong bones  
and teeth

Meat, Fish & Foods  
High in Protein  
For growth, for  
healthy blood and  
feeling strong

# A Tamil Adaptation of Canada's Food Guide to Healthy Eating

Enjoy a variety  
of foods from  
each group each day.

Choose lower-fat  
foods more often.



Grain Products  
For energy

Vegetables & Fruit  
For healthy skin  
and eyes; to help  
prevent illness

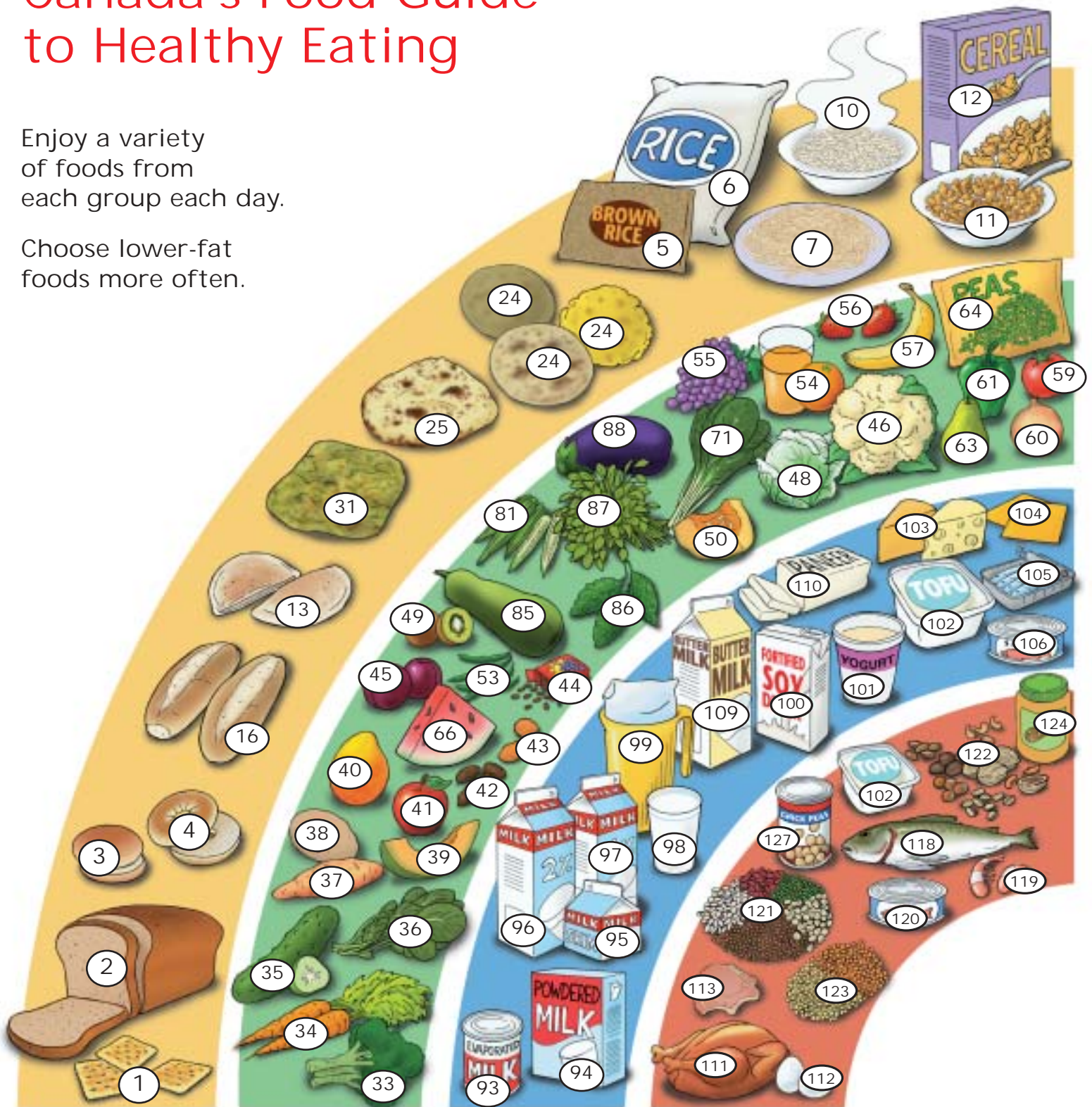
Milk & Foods  
High in Calcium  
For strong bones  
and teeth

Meat, Fish & Foods  
High in Protein  
For growth, for  
healthy blood and  
feeling strong

# A Punjabi Adaptation of Canada's Food Guide to Healthy Eating

Enjoy a variety  
of foods from  
each group each day.

Choose lower-fat  
foods more often.



Grain Products  
For energy

Vegetables & Fruit  
For healthy skin  
and eyes; to help  
prevent illness

Milk & Foods  
High in Calcium  
For strong bones  
and teeth

Meat, Fish & Foods  
High in Protein  
For growth, for  
healthy blood and  
feeling strong

# An Urdu Adaptation of Canada's Food Guide to Healthy Eating

Enjoy a variety  
of foods from  
each group each day.

Choose lower-fat  
foods more often.



Grain Products  
For energy

Vegetables & Fruit  
For healthy skin  
and eyes; to help  
prevent illness

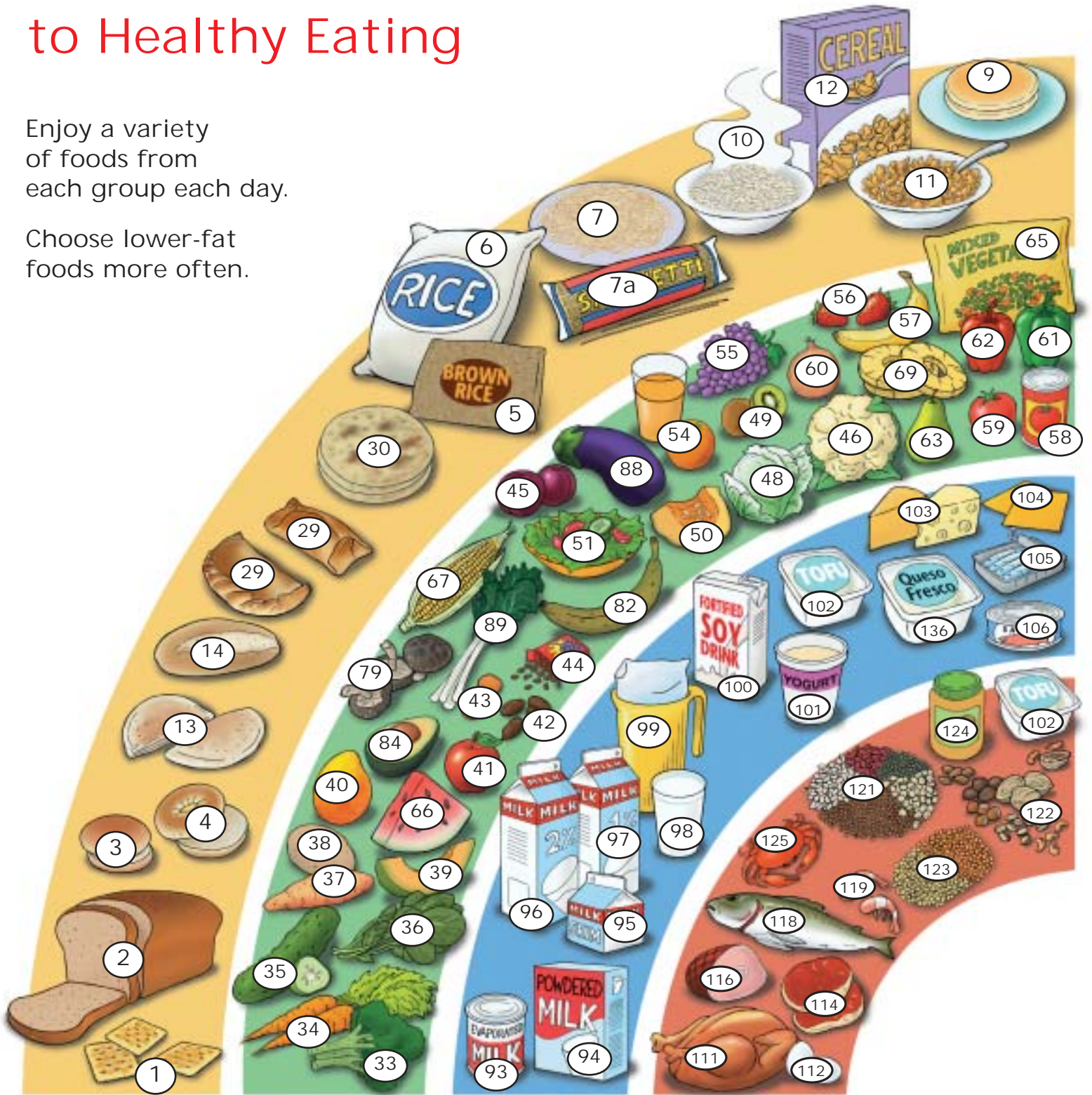
Milk & Foods  
High in Calcium  
For strong bones  
and teeth

Meat, Fish & Foods  
High in Protein  
For growth, for  
healthy blood and  
feeling strong

# A Spanish Adaptation of Canada's Food Guide to Healthy Eating

Enjoy a variety  
of foods from  
each group each day.

Choose lower-fat  
foods more often.



Grain Products  
For energy

Vegetables & Fruit  
For healthy skin  
and eyes; to help  
prevent illness

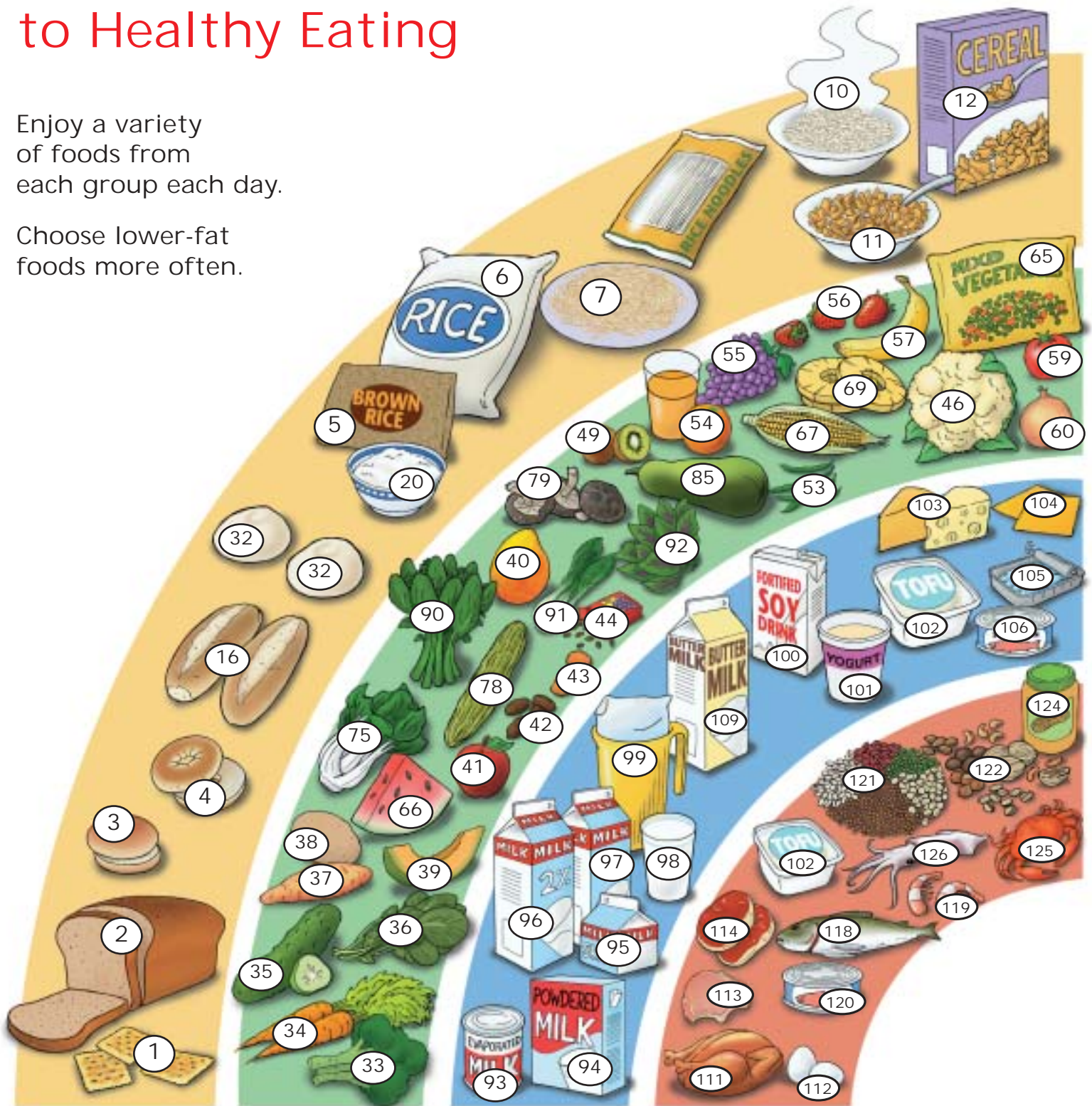
Milk & Foods  
High in Calcium  
For strong bones  
and teeth

Meat, Fish & Foods  
High in Protein  
For growth, for  
healthy blood and  
feeling strong

# A Vietnamese Adaptation of Canada's Food Guide to Healthy Eating

Enjoy a variety  
of foods from  
each group each day.

Choose lower-fat  
foods more often.



Grain Products  
For energy

Vegetables & Fruit  
For healthy skin  
and eyes; to help  
prevent illness

Milk & Foods  
High in Calcium  
For strong bones  
and teeth

Meat, Fish & Foods  
High in Protein  
For growth, for  
healthy blood and  
feeling strong