



Santé  
Canada

Health  
Canada

# Le guide alimentaire

**CANADIEN**

**POUR MANGER SAINEMENT  
À L'INTENTION DES  
QUATRE ANS ET PLUS**

Savourez chaque jour  
une variété d'aliments  
choisis dans chacun de  
ces groupes.

Choisissez de  
préférence des  
aliments  
moins gras.



**Produits céréaliers**  
Choisissez de préférence  
des produits à  
grains entiers ou  
enrichis.

**Légumes et fruits**  
Choisissez plus souvent  
des légumes vert foncé  
ou orange et des fruits  
orange.

**Produits laitiers**  
Choisissez de préférence  
des produits  
laitiers moins gras.

**Viandes et substituts**  
Choisissez de préférence  
viandes, volailles et  
poissons plus maigres et  
légumineuses.



# Canadas Food Guide Nutrition

**J Elliott**



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