

Disconnect to reconnect

Pause. Sit down. Take a moment to enjoy your meal distraction-free!

Canada's food guide **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

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 Screen Time in common spaces to avoid distraction
- Be aware of food marketing

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