

Resource Guide

Healthy Habits with your CMD: What Does A Healthy Meal Look Like?

Being proactive about your health can help you live a longer and healthier life. One way to do this is by eating a healthy and balanced diet. This can help you feel more energized, keep your immune system strong, and reduce your risk of developing chronic diseases. Create a healthy and balanced meal or snack by:

- Filling 50% of your plate with a variety of fruits and vegetables
- Filling 25% of your plate with protein foods (e.g., chicken, lentils, nuts and seeds)
- Filling 25% of your plate with whole grains and starchy vegetables (e.g., brown rice, potato)



To learn more about healthy eating and dietary guidelines, visit [Canada's food guide](#).