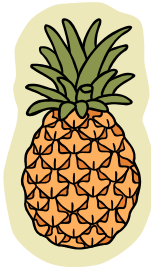
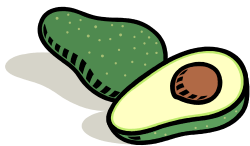


Create Your Own Food Guide

The people of Canada belong to hundreds of different cultural groups. Some of them have been living here for thousands of years, some arrived a few hundred years ago and some have immigrated recently.

As a result, we may have a huge variety of foods available to us, especially in larger towns. However, in remote areas there may be less to choose from.

You can create your very own food guide with the foods you like, the foods you would like to try or the foods that are available to you, wherever you are.



1. Log on to the Internet and find this site: www.healthcanada.gc.ca/foodguide
2. Click on the button, **Create My Food Guide**.
3. Follow the links until you reach food lists for each of the four food groups.
4. Click on the foods you want to have in your regular diet.
5. Print out a copy of your own food guide, if possible in colour.
6. Create a food guide for your child with the foods he or she likes.

