

EAT RIGHT!

By Janessa

WHAT FOODS ARE BEST TO EAT?

There are many different types of foods groups including carbohydrates, artificial foods, dairy, meats, greens, and even fast foods.

Some are better than others like greens are better than fast foods.

The best to eat is **balanced eating**.

BALANCED EATING

If you eat too many carbs, it is not always the best for your body. But 1-3 pieces of bread in a day is a good balanced meal. You also have to have at least $\frac{1}{2}$ cup of vegetables/greens.

If you eat fast food or processed food everyday, it could get very bad and then you start gaining weight.

That's why a balanced meal is very important.

GOOD MEAL



VS

BAD MEAL



TIPS FOR EATING A GOOD MEAL

- Base your meal on starchy foods
- Eat lots of fruits and vegetables
- Drinks lots of water to prevent dehydration
- don't skip breakfast, it is the most important meal in the day!
- try to eat less salt in a day

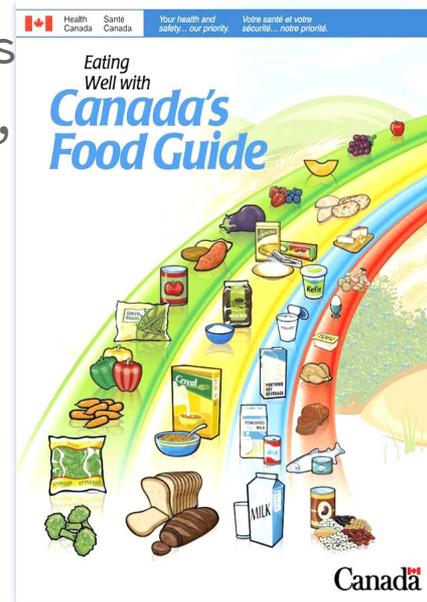
WHAT IS THE EATWELL GUIDE?

The eatwell guide is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet.



WHAT IS CANADA'S FOOD GUIDE?

Having the amount and type of food recommended
And following the tips in Canada's food guide
Will help: Meet your needs for vitamins, minerals
And other nutrients. Reduce your risk of **obesity**,
Type 2 diabetes, **heart disease**, certain types of
Cancer. This will contribute to your overall
Health and vitality.



WHAT IS.....

Obesity: Obesity means when someone is way over the average weight and can't control it, usually caused from unhealthy eating.

Type 2 diabetes: Type 2 diabetes is when a human's body is low in insulin, or just does not react right to insulin. Insulin is used in the body to level out the glucose (sugar).

Heart disease: Heart disease refers to what is really a group of conditions that affect the function of the human heart.

THANKS FOR
LISTENING!