

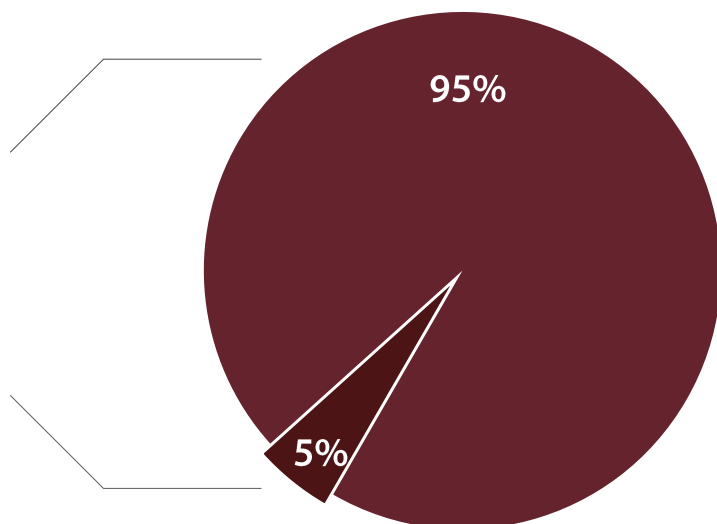
Everything in Moderation

The phrase “everything in moderation” means that it’s important to enjoy the finer things in life, but it’s also important to look after our health.

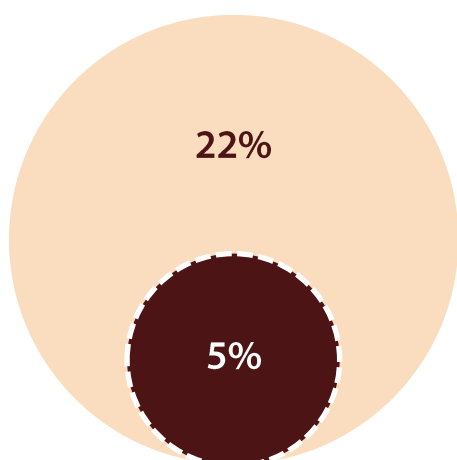
For Good Health

To get the nutrients we need for good health, 95 per cent of the food and beverages we eat each day should follow the recommendations in Canada’s Food Guide.

Moderation means consuming no more than five per cent of calories from food and beverages that are higher in fat, sugar or salt (including alcohol). This is about 100 calories per day.



We Are Out of Balance



More than 22 per cent of the calories in our diet come from food and beverages that are not meant to be “everyday foods”.

This means we’re not getting enough of the types of food and beverages that we need to stay healthy.

We need to cut back on baked goods, candy, chocolate, salty snacks, fried foods, processed meat, sweetened beverages and alcohol.

Moderation is Equal to:

Two small cookies
per day

OR

Two desserts
per week

OR

Two restaurant meals
per month

