

# Foundations of a Healthy Diet



## Stay Strong & Energized

Nourish your body to keep your muscles, bones, and energy levels thriving as you age.

## Balanced Meals & Snacks:

Enjoy 3 satisfying meals and 1-3 healthy snacks daily for steady energy and metabolism.

## Power Up with Protein & Carbs:

Choose lean proteins and wholesome carbs to fuel your body and maintain muscle mass.

## Boost with Fruits & Veggies:

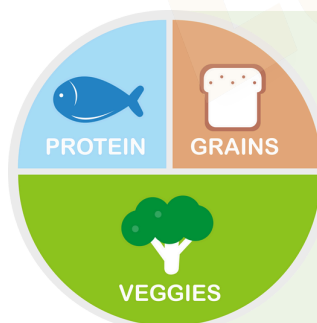
Load up on antioxidant-rich foods (fruits & veggies) to protect your cells and slow down aging.

## Mindful Eating:

Savor each bite and focus on nourishing your body, not just filling it up.



**A balanced diet is essential for maintaining overall health and well-being.**



### Canada Food Guide Recommendations:

- Fill half your plate with vegetables and fruits.
- Quarter of the plate with protein foods.
- Quarter of the plate with whole grains.
- Focus on whole, minimally processed foods.