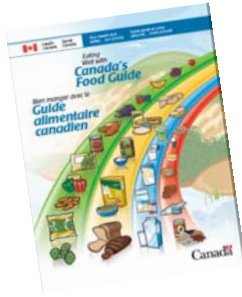


Eating Well with Canada's Food Guide – Are You Using It?



Teachers – are you looking for the most current and credible nutrition information to help with planning your healthy eating lessons?


Use "Eating Well with Canada's Food Guide" – updated by Health Canada in 2007.

Canada's Food Guide is available online at www.canadasfoodguide.net. This website offers:

- a guided tour of the *Food Guide*
- information on planning meals and label reading
- the *Resource for Educators and Communicators* – detailed background information, tips and tools

The "My Food Guide" feature allows students to create a personalized Food Guide using their:

- basic personal information (such as age and sex)
- favorite foods from the four food groups
- favourite physical activities

 For more information contact the Renfrew County and District Health Unit Health Info Line 613-735-8666 or 1-800-267-1097, ext. 666.



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