



Canada's Food Guide:



Plant-Rich Eating is Good for

YOUR HEALTH AND YOUR PLANET

Diabetes
Heart Health
Blood Pressure
Mental Health
Dementia
Weight Management
Osteoporosis
Inflammation
Heartburn
Constipation
Bloating
Diarrhea
Longevity
Cancer



Greenhouse Gases
Land Use
Food Equality
Biodiversity
Water Use
Deforestation
Fossil Fuel Use
Fertilizer Pollution

Healthy you, healthy planet.