

DID YOU KNOW?

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Nutrition Education
In Manitoba

Preschoolers need healthy food because:

- It gives them energy and nutrients to grow, learn and play.
- It encourages them to taste and discover new foods.
- It makes them feel good.

Aim for Four at Mealtime!

Choose foods from all four food groups:

- 1. Vegetables and Fruit**
e.g., broccoli, carrots, berries, apples
- 2. Grain Products**
e.g., whole-grain bread, cereal, rice, pitas
- 3. Milk and Alternatives**
e.g., milk, yogurt, cheese, kefir
- 4. Meat and Alternatives**
e.g., chicken, beans, fish, eggs



Find a copy of Canada's Food Guide from Health Canada at hc-sc.gc.ca