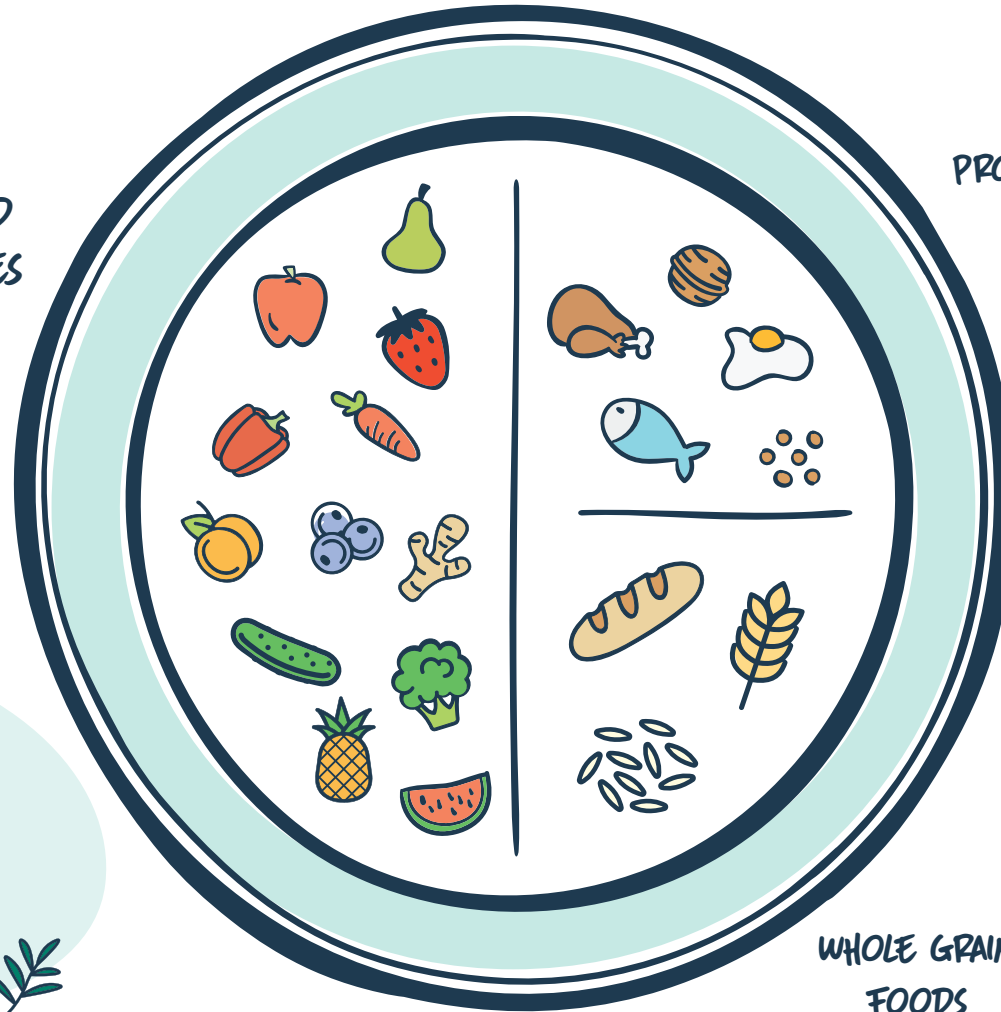


THE BRANCHÉ SANTÉ PLATE

Open yourself up to a world of colours, textures and flavours, inspired by the balanced plate model.

FRUIT AND
VEGETABLES



PROTEIN-RICH
FOODS

WHOLE GRAIN
FOODS



ESSENTIAL FATS



WATER



HERBS AND SPICES

Some meals may turn out to be less balanced, not include all the food groups and not follow the recommended proportions. This can happen. Don't panic!

The most important thing is to look at your diet as a whole.

Eating well also involves catering to your whims and knowing how to indulge yourself!

For more information, refer to Canada's Food Guide
food-guide.canada.ca