










GOOD HEALTH COMES THROUGH GOOD FOOD

	Your guidelines for daily intake	
While some foods should be limited, none needs to be completely excluded from your diet.		
Fruit and vegetables	 <p>At least 5 servings per day</p>	<ul style="list-style-type: none"> At every meal and whenever you feel hungry
Bread, grains, potatoes, and legumes / beans	 <p>At every meal, depending on your appetite</p>	<ul style="list-style-type: none"> Try to choose whole grains, including bread made from whole grains
Milk and dairy products (yogurt, cheese)	<p>3 servings per day</p> 	<ul style="list-style-type: none"> Eat a variety of dairy products Select cheese that has the most calcium and the lowest amount of fat and salt
Meat and poultry, fish and seafood, and eggs	 <p>1 to 2 servings per day</p>	<ul style="list-style-type: none"> In smaller quantity than the rest of the meal Meat: choose the types with the least fat Fish: eat at least twice a week
Added fats and oils	<p>Limit your intake</p> 	<ul style="list-style-type: none"> Choose vegetable oils Limit animal-based fats (butter, cream...)
Sweets and sweetened products	<p>Limit your intake</p> 	<ul style="list-style-type: none"> Be careful not to drink too many sweetened drinks Watch out for food that has both fat and sugar (pastries, creamy desserts, chocolate, ice cream)
Beverages / Drinks	<p>Water – all you can drink</p> 	<p>During and between meals:</p> <ul style="list-style-type: none"> Limit sweetened drinks Alcoholic drinks: women* should not drink more than 2 glasses of wine (10 cl) and men should not drink more than 3 glasses per day. *With the exception of pregnant women, who should not drink any alcohol.

Salt	 <p>Limit your intake</p>	<ul style="list-style-type: none">• Use iodized salt• Do not salt your food before tasting• Reduce the salt added to cooking water
Physical activity	 <p>The equivalent of at least a half hour of fast walking every day</p>	<ul style="list-style-type: none">• Incorporate physical activity into your daily life (walking, taking the stairs, bike riding)