



Santé
Canada

Health
Canada

Le guide alimentaire

CANADIEN

**MANGER SAINEMENT
L'INTENTION DES
QUATRE ANS ET PLUS**

107
103
1 de



Légumes et fruits
Choisissez plus souvent
des légumes vert foncé
ou orange et des fruits
orange.

Produits laitiers
Choisissez de préférence
des produits
laitiers moins gras.

Vianes et substituts
Choisissez de préférence
viandes, volailles et
poissons plus maigres et
légumineuses.

Canada

rez une variété d'aliments sains

des légumes
its en
ce

Consom
aliments



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Clifford Lane



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