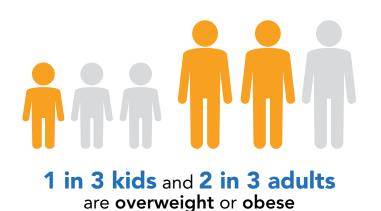
# LET'S EAT heading CANADA!

# THE SITUATION IN CANADA





1 in 5 adults live with chronic diseases like heart disease, cancer and diabetes



# **DIET IS THE #1 RISK FACTOR FOR CHRONIC DISEASES**

## EATING

vegetables and fruit whole grains plant-based proteins

### **REDUCES** THE RISK OF

heart disease type 2 diabetes colorectal cancer



Only **1 in 3**Canadians eat enough veggies and fruit



Only **1 in 6** grains that Canadians eat are whole grains



Only 1/3 of Canadians
eat plant-based proteins
like legumes, nuts
and seeds

Too many processed or prepared foods high in sodium, sugars, or saturated fat

### INCREASE THE RISK OF

heart disease obesity



Over  $\frac{1}{3}$  of the calories
Canadians eat come
from these types of foods

Meals eaten away from home

### ARE **OFTEN HIGHER IN**

calories sodium sugars saturated fat



Canadians spend **30% of their food budget** in places like restaurants, cafeterias and vending machines

Too many sugary drinks

### LEAD TO A HIGHER RISK OF

obesity type 2 diabetes cavities



1/3 of sugar consumed by teens is from sugary drinks

Too much sodium

### **LEADS** TO

high blood pressure heart disease stroke



Canadians eat about
3400 mg of sodium
each day—more
than double the
amount needed

CANADA—LET'S MAKE THE healthy CHOICE THE easy CHOICE! #EatHealthyCanada



