

LET'S EAT *healthy* CANADA!

THE SITUATION IN CANADA



1 in 3 kids and **2 in 3 adults** are **overweight or obese**



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




Some of these **diseases** are now showing up in **kids**

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 **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