

# Healthy Eating Questions on the New Canada Food Guide

P X E F F J N L W V Y K T U K N S N A C K S O G I  
 L C R L Z R X W P E S A T U R A T E D N L I S R B  
 S L B V K C M D Q O X R E C I P E H T V L X T O U  
 Z R A U B P H T X B L E N T I L S F T S S S D C D  
 U Z L I D T E T L I P I D C V B W L H N U T E E G  
 C Q K H Q G T O B M I E S H E C A Y T A N I T R E  
 O L X M X K E F P K B C P O G A T E O E S B A Y T  
 U G Y A H V B T U B M C Z L E W E R H L W A R P P  
 P W H O L E G R A I N S R E T P R S Y L E H U N U  
 O S O Y T J N E F T W U Q S A R R T P F E Y T O W  
 N B Y T D Y A Q P G F K H T B E C N E W T R A P L  
 S K I S N S A J L D H N V E L P V A R A E I S S N  
 P D O W D I K H A S R O G R E A A R T L N H N U A  
 X B G J F Z U M N D W I K O S R R U E C E D U G L  
 N W G U P I Z I T Z G T S L K I I A N O D E I A P  
 C G N W W P B N B Y J A L E O N E T S H F S F R L  
 I N I N V T H W A B D R E Q O G T S I O A S R S A  
 N I K P W I U G S X A D B O B C Y E O L W E E R E  
 O K O H H M L L E C D Y A W K E B R N H T C E P M  
 R O O G L E B I D X E H L A O T U N L U M O Z O M  
 H O C V M R W S T Y K E A S O A H Y V W U R E R T  
 C C P K E Y P K L P K D E T C S C V F O I P Y T K  
 Q O T H E R S E Q Z T Y D E M I B Z V L D S E I G  
 F D P N D P L A N N I N G Q L X P T N G O W V O N  
 Y F F I B R E B Q A U U U O L D C W I N S Z B N B

Lipid	soy	fibre	processed	saturated
sodium	unsaturated	cholesterol	water	dehydration
chronic	alcohol	hypertension	cooking	preparing
labels	variety	wholegrains	unsweetened	lentils
low	habits	cooking	others	sugars
planning	budget	snacks	grocery	recipe
cookbook	waste	mealplan	flyers	coupons
freeze	lean	plantbased	budget	portion
restaurant	vegetables	time		