





K.5.K.C.1a  
S.5.K.A.3a

# The Food Guide Rainbow



## Canada's Food Guide

-  **Vegetables and Fruit**
-  **Grain Products**
-  **Milk and Alternatives**
-  **Meat and Alternatives**



*(continued)*

K.5.K.C.1a  
S.5.K.A.3a

# The Food Guide Rainbow (continued)



