

# How Well Do You Know Canada's Food Guide?

Have plenty of  
vegetables and fruits

Eat protein foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

Would you like to participate in a study on awareness, perception and use of the new 2019 Canada's Food Guide?

Access our short 10-minute survey at:  
<https://www.surveymonkey.com/r/CFGStudy2021>

For more information please contact Chelsey Walchuk at 204.237.2573 or [UofM.CFGStudy@gmail.com](mailto:UofM.CFGStudy@gmail.com)

This research has been approved by the Joint-Faculty Research Board of Ethical Review at the University of Manitoba. If you have any concerns or complaints about this project please contact the Human Ethics Secretariat at 204.474.8872 or e-mail [humanethics@umanitoba.ca](mailto:humanethics@umanitoba.ca).