Acknowledgments

Over two years of effort was invested in this project. There are so many people to thank! Our goal in creating this resource was to create a place for government employees to learn about eating well and all the benefits derived from eating well.

Our eating habits influence our health. So much research has been done in this area, and it all indicates that if we eat well, we live longer and are healthier. One of the best things we can do for our health is to eat healthy foods and stay active throughout life. Just by eating the recommended number of Food Guide servings of vegetables and fruits a day, we can help reduce our risk of diseases such as heart disease and certain types of cancers. Following the suggestions in *Eating Well with Canada's Food Guide* can help us feel and look healthier. There is a lot of information, but it is easy to understand. Our goal is to help people develop healthier eating habits.

Many people were involved in the creation of this resource, thank you all.