



Healthy Food Choices Around the World

Good nutrition is an important part of your physical well-being. When you eat well and get enough physical activity, you can reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), increase your energy, reduce your stress and promote your overall health.

Select from the list below for healthy eating guidelines by country.

Australia

Australia

New Zealand

New Zealand

Canada

Canada

Panama

Panama

Hong Kong

Hong Kong

UAE

Ireland

Ireland

US

US

If your country is not listed or if you would like more information, try these resources: