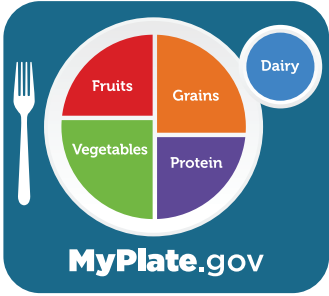
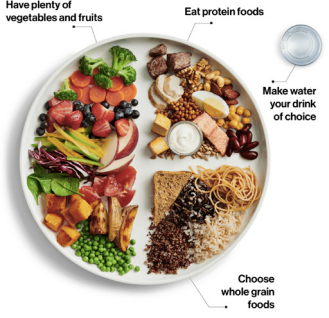
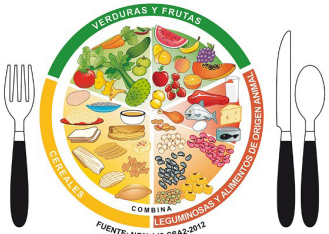


# Healthy Eating Around the World



## Dietary Guidelines Around the World

Use this worksheet to note similarities and differences of dietary guidelines and food guides from the countries listed. You'll make notes on your own, then discuss with everyone.

Country	Your Notes
<p><b>United States</b></p>  <p><b>MyPlate.gov</b></p>	
<p><b>Canada</b></p> 	
<p><b>Mexico</b></p> <p><b>El Plato del Bien Comer</b></p>  <p><small>FUENTE: NOM-443-SSA2-2012</small></p>	

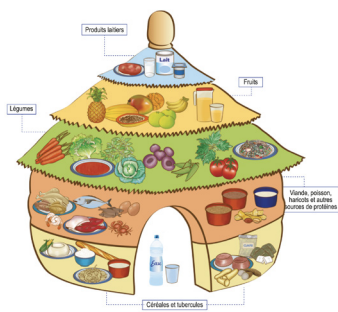
# Brazil



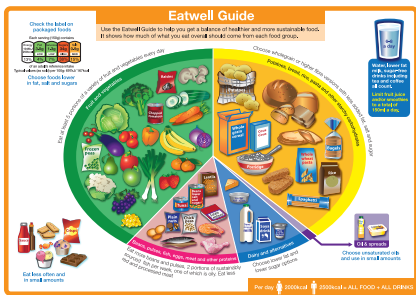
# Chile



# Benin



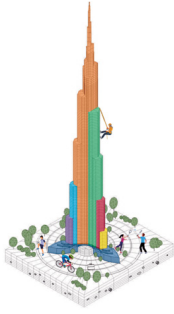
# United Kingdom



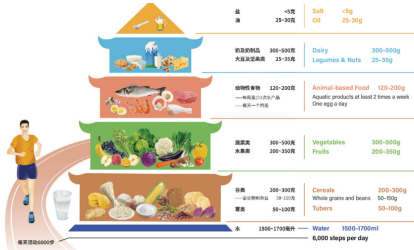
# Ukraine



# United Arab Emirates



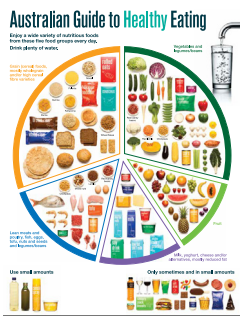
# China



# India



# Australia



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