Recommended Number of Food Guide Servings per Day

	Children			Teens		Adults				
Age in Years	2-3	4-8	9-13	14-18		19-50		51+		
Sex	Gi	rls and Bo	ys	Females	Males	Females	Males	Females	Males	Z
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7	
Grain Products	3	4	6	6	7	6-7	8	6	7	
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3	
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3	

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in Canada's Food Guide will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving? Look at the examples below.

½ bagel (45 g)



Fresh, frozen or canned vegetables 125 mL (½ cup)



Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)



Fresh, frozen or canned fruits canned fruits 1 fruit or 125 mL (½ cup)



100% Juice 125 mL (½ cup)

Make each Food Guide Serving count... wherever you are – at home, at school, at work or when eating out!

- ▶ Eat at least one dark green and one orange vegetable each day.
- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.
- ▶ Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
- **→** Have vegetables and fruit more often than juice.

Make at least half of your grain products whole grain each day.

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.
- → Choose grain products that are lower in fat, sugar or salt.
- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

Drink skim, 1%, or 2% milk each day.

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

→ Select lower fat milk alternatives.

• Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

Bread

1 slice (35g)

Milk or powdered milk (reconstituted) 250 mL (1 cup)





Flat breads

½ pita or ½ tortilla (35 g)





Cooked rice,

bulgur or quinoa



Cereal

Cold: 30 g

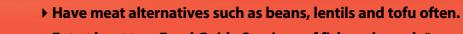
Hot: 175 mL (¾ cup)





Cooked pasta

or couscous 125 mL (½ cup)



- **▶** Eat at least two Food Guide Servings of fish each week.*
- Choose fish such as char, herring, mackerel, salmon, sardines and trout.
- > Select lean meat and alternatives prepared with little or no added fat or salt.
- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



75 g (2 ½ oz.)/125 mL (½ cup)













Oils and Fats

- Include a small amount 30 to 45 mL (2 to 3 Tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.





Enjoy a variety of foods from the four food groups.



Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or

* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Advice for different ages and stages...

Children

Following Canada's Food Guide helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.



Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 **Food Guide Servings** each day.

examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.

Here are two

Men and women over 50

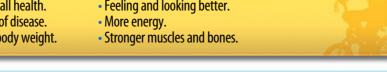
The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 μg (400 IU).

Eat well and be active today and every day!

The benefits of eating well and being active include:

- Better overall health.
- Feeling and looking better.
- Lower risk of disease.
- A healthy body weight.



Be active

To be active every day is a step towards better health and a healthy body weight.

It is recommended that adults accumulate at least 2 ½ hours of moderate to vigorous physical activity each week and that children and youth accumulate at least 60 minutes per day. You don't have to do it all at once. Choose a variety of activities spread throughout the week.

Start slowly and build up.

Eat well

Another important step towards better health and a healthy body weight is to follow Canada's Food Guide by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.

Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Limit trans fat

Read the label

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Nutrition Facts

	Amount % Daily	/ value
	Calories 0	
	Fat 0 g	0 %
	Saturated 0 g	0 %
	+ Trans 0 g	
	Cholesterol 0 mg	
7	Sodium 0 mg	0 %
ı	Carbohydrate 0 g	0 %
ı	Fibre 0 g	0 %
ı	Sugars 0 g	
ı	Protein 0 g	
ı	Vitamin A 0 % Vitamin C	0 %

Calcium 0 % Iron

Take a step today...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can get off the bus early, use the stairs.
- Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- Request nutrition information about menu items when eating out to help you make healthier choices.
- Enjoy eating with family and friends!
- Take time to eat and savour every bite!

For more information, interactive

or contact:

Publications

E-Mail: publications@hc-sc.qc.ca

Tel.: 1-866-225-0709 Fax: (613) 941-5366

This publication can be made available on request on diskette, large print, audio-cassette and braille.

tools, or additional copies visit Canada's Food Guide on-line at: www.healthcanada.ac.ca/foodauide

Health Canada

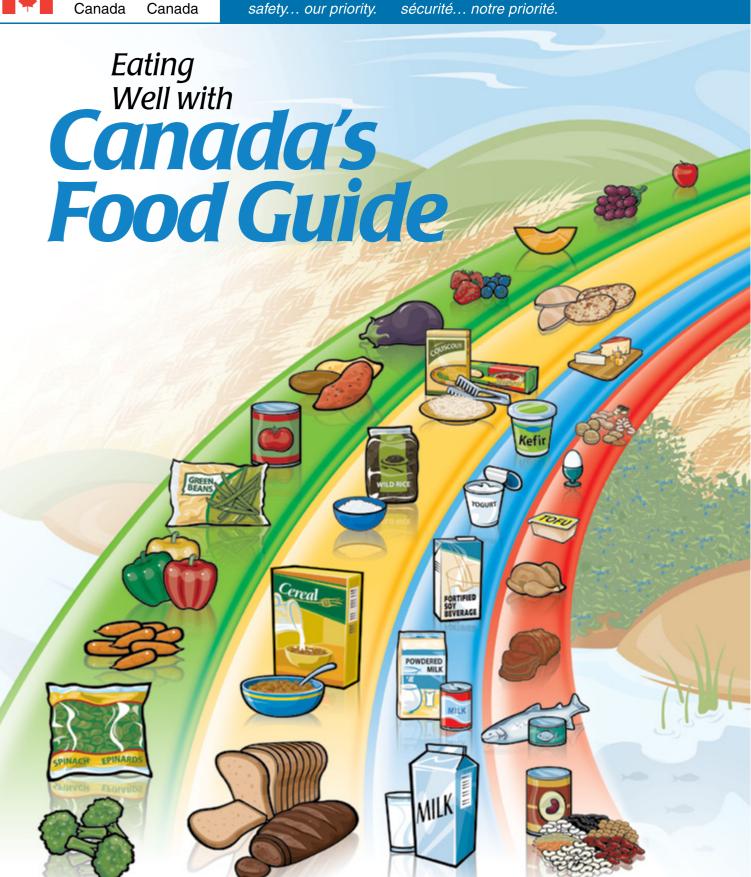
Ottawa, Ontario K1A 0K9

TTY: 1-800-267-1245

Également disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien

How do I count Food Guide Servings in a meal? Here is an example: Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert 250 mL (1 cup) mixed broccoli, 2 **Vegetables and Fruit** Food Guide Servings carrot and sweet red pepper 1 Meat and Alternatives Food Guide Serving 75 q (2 $\frac{1}{2}$ oz.) lean beef 2 **Grain Products** Food Guide Servings 250 mL (1 cup) brown rice = part of your **Oils and Fats** intake for the day 5 mL (1 tsp) canola oil = 250 mL (1 cup) 1% milk 1 Milk and Alternatives Food Guide Serving 1 apple = 1 **Vegetables and Fruit** Food Guide Serving





Santé

Your health and

Votre santé et votre

