



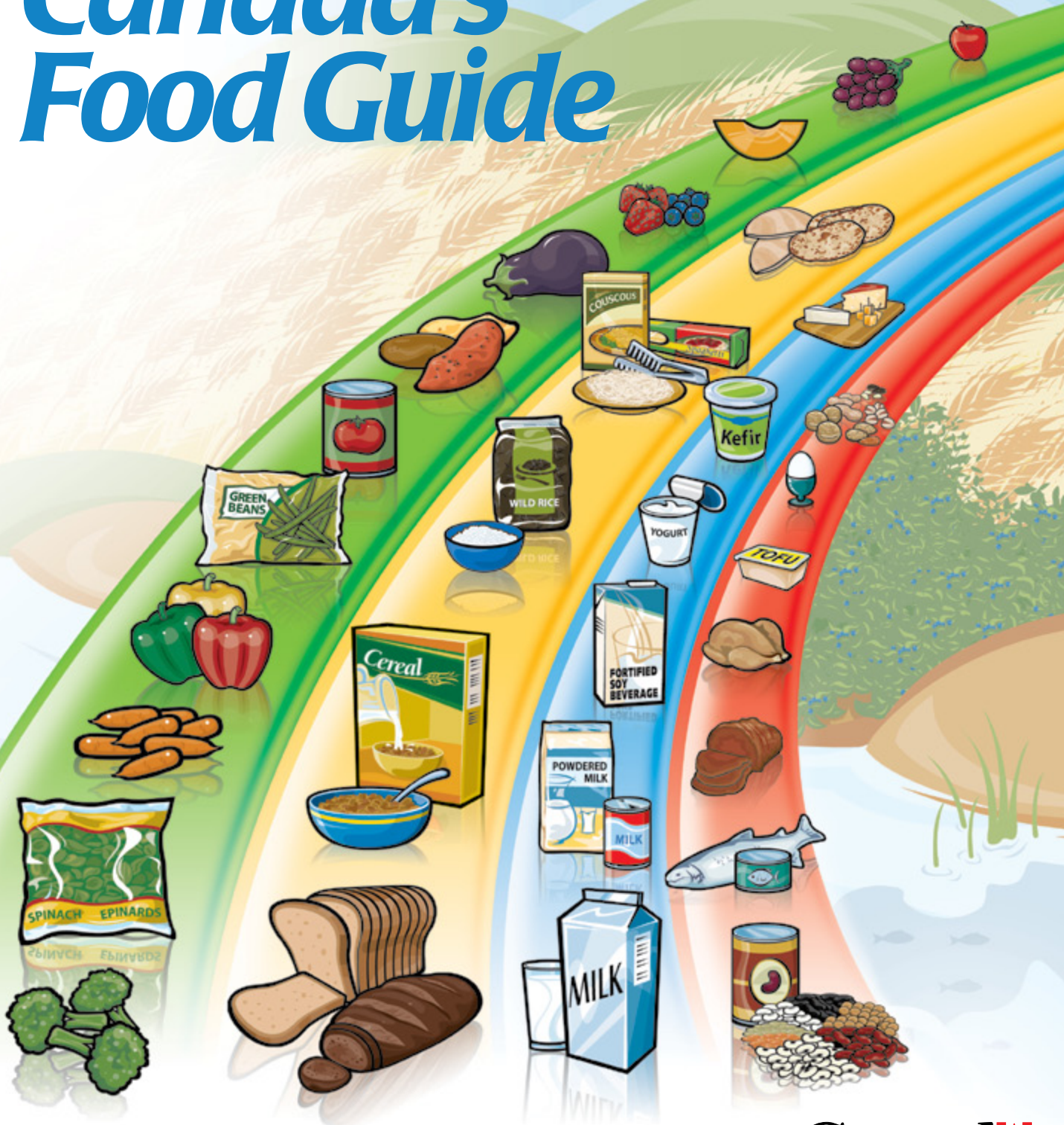
Health  
Canada

Santé  
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Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

# Eating Well with Canada's Food Guide



# Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
<b>Vegetables and Fruit</b>	4	5	6	7	8	7-8	8-10	7	7
<b>Grain Products</b>	3	4	6	6	7	6-7	8	6	7
<b>Milk and Alternatives</b>	2	2	3-4	3-4	3-4	2	2	3	3
<b>Meat and Alternatives</b>	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.



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



**Leafy vegetables**  
Cooked: 125 mL (½ cup)  
Raw: 250 mL (1 cup)



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



**100% Juice**  
125 mL (½ cup)



**Bread**  
1 slice (35g)



**Bagel**  
½ bagel (45 g)



**Flat breads**  
½ pita or ½ tortilla (35 g)



**Cooked rice, bulgur or quinoa**  
125 mL (½ cup)



**Cereal**  
Cold: 30 g  
Hot: 175 mL (¾ cup)



**Cooked pasta or couscous**  
125 mL (½ cup)



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



**Canned milk (evaporated)**  
125 mL (½ cup)



**Fortified soy beverage**  
250 mL (1 cup)



**Yogurt**  
175 g (¾ cup)



**Kefir**  
175 g (¾ cup)



**Cheese**  
50 g (1 ½ oz.)



**Cooked fish, shellfish, poultry, lean meat**  
75 g (2 ½ oz.)/125 mL (½ cup)



**Cooked legumes**  
175 mL (¾ cup)



**Tofu**  
150 g or 175 mL (¾ cup)



**Eggs**  
2 eggs



**Peanut or nut butters**  
30 mL (2 Tbsp)



**Shelled nuts and seeds**  
60 mL (¼ 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.



## **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.**
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- ▶ **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.
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- ▶ **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.
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- ▶ **Have meat alternatives such as beans, lentils and tofu often.**
  - ▶ **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.



**Enjoy a variety  
of foods from  
the four  
food groups.**



**Satisfy your  
thirst with water!**

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

\* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to [www.healthcanada.gc.ca](http://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.

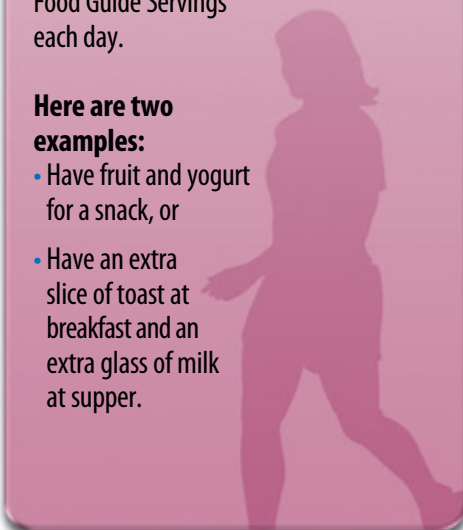
#### Here are two examples:

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

### 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).



## 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, carrot and sweet red pepper	=	2 <b>Vegetables and Fruit</b> Food Guide Servings
75 g (2 ½ oz.) lean beef	=	1 <b>Meat and Alternatives</b> Food Guide Serving
250 mL (1 cup) brown rice	=	2 <b>Grain Products</b> Food Guide Servings
5 mL (1 tsp) canola oil	=	part of your <b>Oils and Fats</b> intake for the day
250 mL (1 cup) 1% milk	=	1 <b>Milk and Alternatives</b> Food Guide Serving
1 apple	=	1 <b>Vegetables and Fruit</b> Food Guide Serving