



Health
Canada

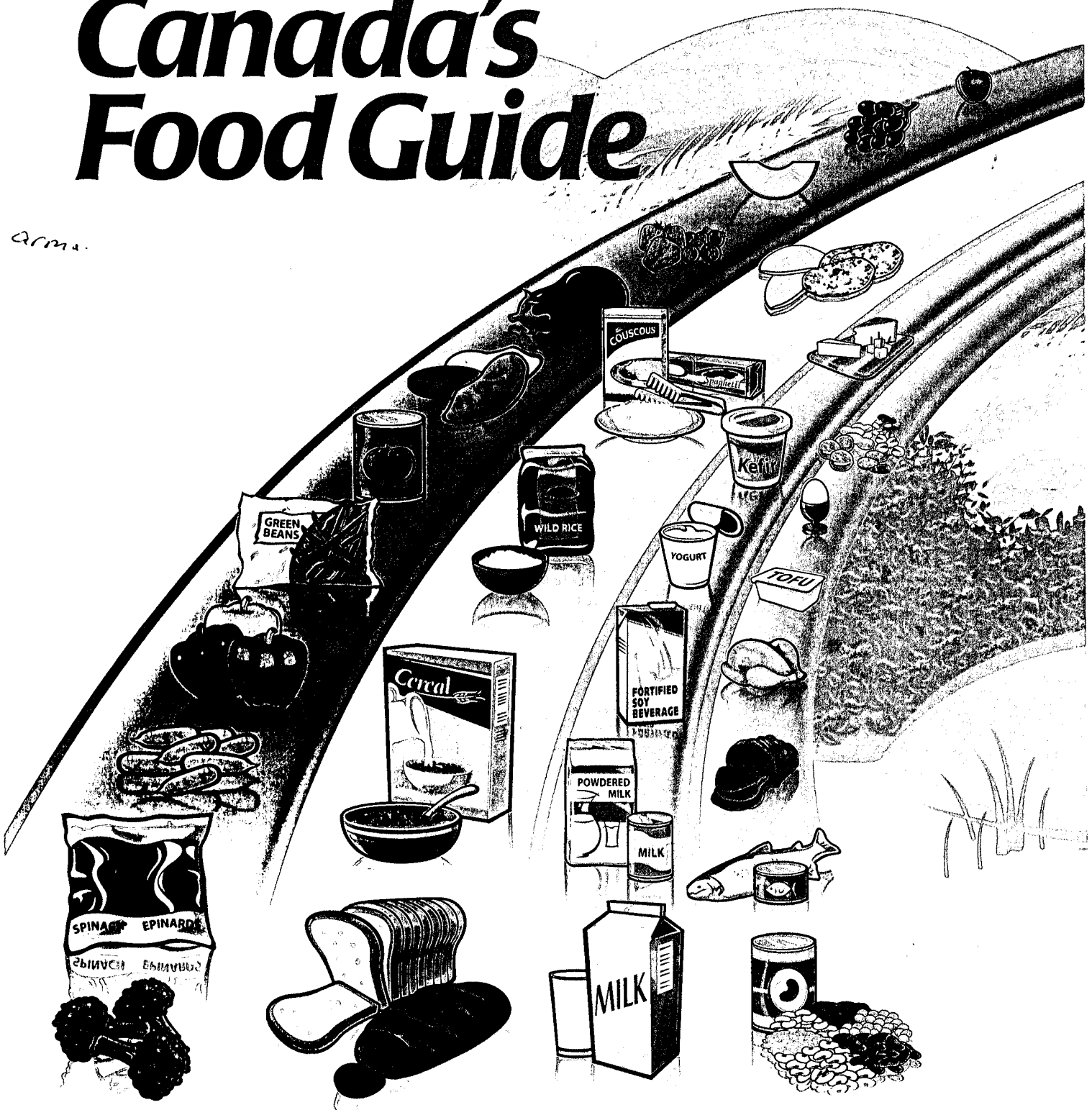
Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Eating Well with Canada's Food Guide

Arma.



Canada

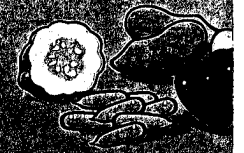
Recommended Number of Food Guide Servings per Day

What is One
Look at the exa

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

Vegetables
and Fruit

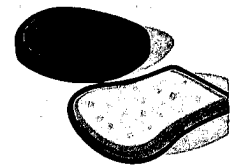
4	5	6	7	8	7-8	8-10	7	7
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Fresh, frozen or
125 mL (1/2 cup)

Grain
Products

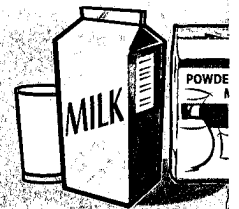
3	4	6	6	7	6-7	8	6	7
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Bread
1 slice (35 g)

Milk and
Alternatives

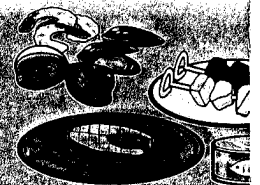
2	2	3-4	3-4	3-4	2	2	3	3
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Milk or powder
milk (reconstituted)
250 mL (1 cup)

Meat and
Alternatives

1	1	1-2	2	3	2	3	2	3
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Cooked fish, shellfish,
poultry, lean meat
75 g (2 1/2 oz) / 125 mL

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

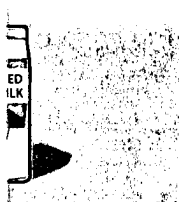


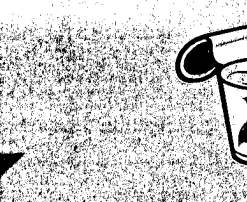

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:



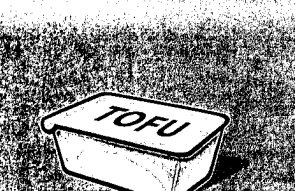
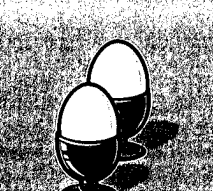


- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

Food Guide Serving?
Examples below.

 <p>Canned vegetables 125 mL (½ cup)</p>	 <p>Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p>	 <p>Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)</p>	 <p>100% Juice 125 mL (½ cup)</p>
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 <p>Bagel ½ bagel (45 g)</p>	 <p>Flat breads ½ pita or ½ tortilla (35 g)</p>	 <p>Cooked rice, bulgur or quinoa 125 mL (½ cup)</p>	 <p>Cereal Cold: 30 g Hot: 175 mL (¾ cup)</p>	 <p>Cooked orzo or couscous 125 mL (½ cup)</p>
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 <p>Canned milk (evaporated) 125 mL (½ cup)</p>	 <p>Fortified soy beverage 250 mL (1 cup)</p>	 <p>Yogurt 175 g (¾ cup)</p>	 <p>Kefir 175 g (¾ cup)</p>	 <p>Cheese 50 g (1 oz)</p>
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 <p>Shellfish 125 mL (½ cup)</p>	 <p>Cooked legumes 175 mL (¾ cup)</p>	 <p>Tofu 150 g or 175 mL (¾ cup)</p>	 <p>Eggs 2 eggs</p>	 <p>Peanut or nut butters 30 mL (2 Tbsp)</p>	 <p>Shelled nuts and seeds 60 mL (¼ cup)</p>
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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.

▶ 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.

▶ 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 charr, herring, mackerel, salmon, sardines and trout.

▶ Select lean meat and alternatives prepared with little or no added fat or salt.

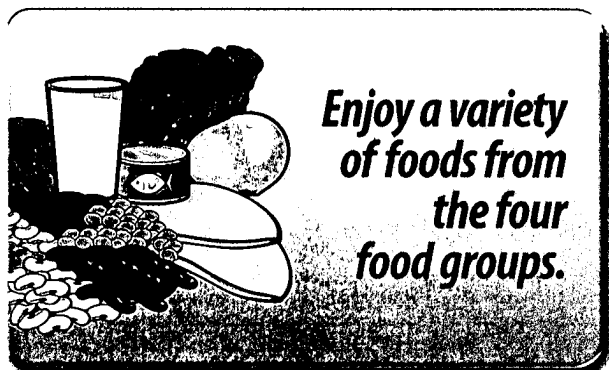
Trim the visible fat from meats. Remove the skin on poultry.

Use cooking methods such as roasting, baking or poaching that require little or no added fat.

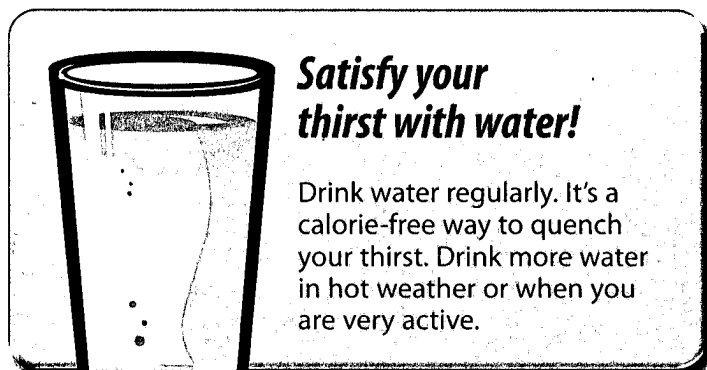
If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



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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 for the latest information.