

Recommended Number of Food Guide Servings per Day

Age Group	Males			Females			Totals		
	11-14	15-18	19+	11-14	15-18	19+	11-14	15-18	19+
Vegetables and Fruit	4	5	6	3	4	5	7	9	11
Grain Products	3	4	6	4	5	6	6	8	11
Milk and Alternatives	2	2	3	3	3	3	2	2	3
Protein and Alternatives	1	1	2	1	1	2	1	1	2

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

1 cup of mixed vegetables (1 cup of fruit)

1/2 cup of leafy greens (1/2 cup of fruit)

1 cup of mixed fruit (1 cup of fruit)

1/2 cup of 100% juice (1/2 cup of fruit)

1 slice of bread (1 slice of bread)

1/2 cup of rice (1/2 cup of rice)

1/2 cup of cereal (1/2 cup of cereal)

1/2 cup of pasta (1/2 cup of pasta)

1/2 cup of cooked grains (1/2 cup of cooked grains)

1/2 cup of cooked grains (1/2 cup of cooked grains)

1 cup of milk (1 cup of milk)

1/2 cup of yogurt (1/2 cup of yogurt)

1/2 cup of cottage cheese (1/2 cup of cottage cheese)

1/2 cup of soy milk (1/2 cup of soy milk)

1/2 cup of soy milk (1/2 cup of soy milk)

1/2 cup of soy milk (1/2 cup of soy milk)

1/2 cup of cooked meat (1/2 cup of cooked meat)

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

Knowing 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 1 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

Oil and Fat

Include small amounts of oil and fat in all meals. It's important to eat the right amount of oil and fat to keep your body healthy and strong.

Use vegetable oil and use healthy oils and fats.

Choose oil products that are low in saturated fat and trans fat.

Limit butter, lard, margarine, oil and shortening.

Eat a variety of foods from the four food groups.

Satisfy your thirst with water!

Drink water regularly. It's better than any other drink you can buy. Drink water every day to stay healthy and strong.

The Canadian Health Food Guide

Lauren Gardner



The Canadian Health Food Guide:

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