



Health
Canada

Santé
Canada

CANADA'S

Food Guide

TO HEALTHY EATING

Enjoy a variety of
foods from each
group every day.

Choose lower-
fat foods
more often.



Grain Products

Choose whole grain and enriched products more often

Vegetables & Fruit

Choose dark green and orange vegetables and orange fruit more often.

Milk Products

Choose lower-fat milk products more often

Meat & Alternatives

Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often

Canada



Different People Need Different Amounts of Food

Food Guide

TO HEALTHY EATING
FOR PEOPLE FOUR YEARS AND OVER

The amount of food you need every day from the 4 groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.

<p>Grain Products</p> <p>5-12</p> <p>SERVINGS PER DAY</p>	1 Serving	2 Servings
	<p>1 Slice</p> <p>Cold Cereal 30 g</p> <p>Hot Cereal 175 ml</p> <p>3/4 cup</p>	<p>1 Bagel, Pita or bun</p> <p>Pasta or Rice 250 ml</p> <p>1 cup</p>

<p>Vegetables and Fruit</p> <p>5-10</p> <p>SERVINGS PER DAY</p>	1 Serving		
	<p>1 Medium Size Vegetable or Fruit</p>	<p>Fresh, Frozen or Canned Vegetables or Fruit 125 ml</p> <p>1/2 cup</p>	<p>Salad 125 ml</p> <p>1 cup</p>

<p>Milk Products</p> <p>SERVINGS PER DAY</p> <p>Children 4-9 years: 2-3 Youth 10-16 years: 3-4 Adults: 2-4 Pregnant and Breast-feeding Women 3-4</p>	1 Servings		
	<p>250 ml</p> <p>1 cup</p>	<p>Cheese 3"x1"x1" 50 g</p> <p>2 Slices 50 g</p>	<p>175 g</p> <p>3/4 cup</p>

Other Foods

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or calories, so use these foods in moderation.

<p>Meat and Alternatives</p> <p>2-3</p> <p>SERVINGS PER DAY</p>	1 Serving			
	<p>Meat, Poultry or Fish 50-100 g</p>	<p>Fish 1/3 - 2/3 Can 50-100 g</p>	<p>Beans 125-250 ml</p>	<p>100 g</p> <p>1/3 cup</p>



Enjoy eating well, being active and feeling good about yourself. That's **VITALIT**