



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

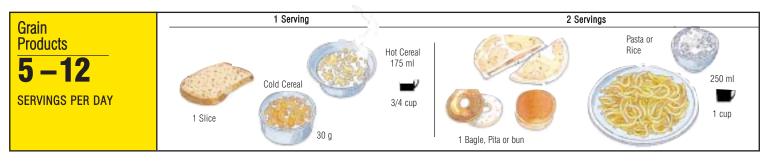


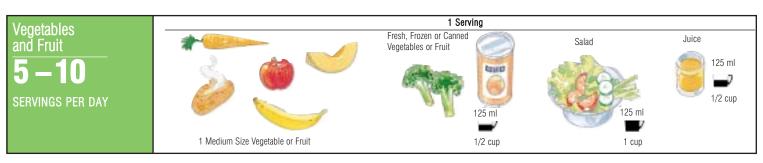


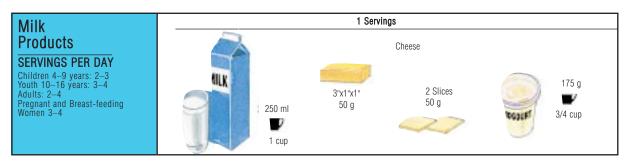
FOR PEOPLE FOUR YEARS AND OVER

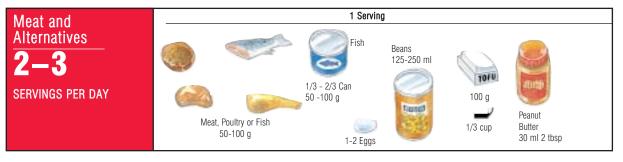
Different People Need Different Amounts of Food

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.









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.

