

Recommended Number of Canada's Food Guide Servings per Day:

Use the chart below to see how many servings you need from each of the four food groups each day.



| Age Gender | Children | | | Teens | |
|---|----------------|-----|------|---------|-------|
| | 2-8 | 4-8 | 9-13 | 14-18 | 14-18 |
| | Girls and Boys | | | Females | Males |
| Vegetables and Fruit (1 medium-sized fruit or vegetable, 125 ml juice, 125 ml fresh, frozen or canned vegetables or fruit, 250 ml raw leafy vegetables) | 4 | 5 | 6 | 7 | 8 |
| Grain Products (1 slice of bread, ½ bagel, 125 ml rice, 30 g cold cereal) | 3 | 4 | 6 | 6 | 7 |
| Milk and Alternatives (250 ml milk or fortified soy beverage, 175 g yogurt, 50 g cheese) | 2 | 2 | 3-4 | 3-4 | 3-4 |
| Meat and Alternatives (75 g meat, 150 g tofu, 2 eggs, 30 ml peanut or nut butter, 175 ml cooked legumes) | 1 | 1 | 1-2 | 2 | 3 |

Make each serving count...

- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Choose grain products that are lower in fat, sugar or salt.
- Drink skim, 1% or 2% milk each day.
- Select lower fat milk alternatives.
- Have meat alternatives such as bean, lentils and tofu often.
- Eat at least two servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.

For more information visit:

Eating Well with Canada's Food Guide: www.healthcanada.gc.ca/foodguide
 Manitoba Healthy Living: www.manitoba.ca/healthyliving
 Healthy Canadians: www.healthycanadians.ca

Source: Eating Well with Canada's Food Guide, Health Canada, 2007.





My Monthly Food Tracker

1. Determine your recommended serving amounts for each of the four food groups.
2. Place a checkmark in the appropriate circle for each food serving you eat.

| | Vegetables and Fruit | Grain Products | Milk and Alternatives | Meat and Alternatives |
|---|----------------------|----------------|-----------------------|-----------------------|
| M | ○○○○○○○○○○ | ○○○○○○○○○○ | ○○○○ | ○○○○ |
| T | ○○○○○○○○○○ | ○○○○○○○○○○ | ○○○○ | ○○○○ |
| W | ○○○○○○○○○○ | ○○○○○○○○○○ | ○○○○ | ○○○○ |
| T | ○○○○○○○○○○ | ○○○○○○○○○○ | ○○○○ | ○○○○ |
| F | ○○○○○○○○○○ | ○○○○○○○○○○ | ○○○○ | ○○○○ |
| S | ○○○○○○○○○○ | ○○○○○○○○○○ | ○○○○ | ○○○○ |
| S | ○○○○○○○○○○ | ○○○○○○○○○○ | ○○○○ | ○○○○ |
| M | ○○○○○○○○○○ | ○○○○○○○○○○ | ○○○○ | ○○○○ |
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| W | ○○○○○○○○○○ | ○○○○○○○○○○ | ○○○○ | ○○○○ |
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