

First Name: _____

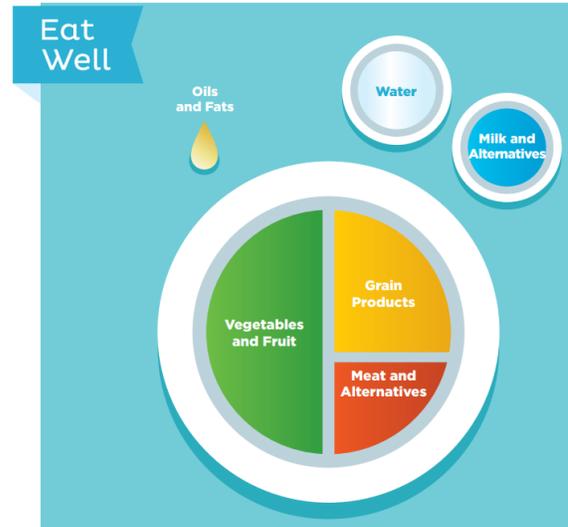
Last Name: _____

SS1020-107 – Canada's Food Guide

Canada's Food Guide

Vegetables and Fruit

- Give vegetables and fruit the leading role. Make half (½) your plate vegetables and fruit.
- Different vegetables and fruit offer different nutrients for health. Include a variety for good health.
- Include dark green and orange vegetables. They are packed with nutrients.
- Try simple recipes that call for leafy greens such as beet greens, broccoli, chard, collards, kale and spinach.
- Enjoy orange vegetables such as squash (acorn, butternut), pumpkin, sweet potatoes or yams. Try them baked, boiled or pureed in soups.
- Add colour and crunch to your meals by serving up raw vegetables. Serve vegetables like red, yellow or green peppers, carrot sticks, and cherry or grape tomatoes with your meal. Try them with dips made with herbs, spices and lower fat plain yogurt.
- If using canned vegetables, choose those lower in sodium or drain and rinse them well with water.
- Frozen vegetables and fruit are a healthy and convenient option. Choose ones without added seasonings and sauces.
- Eating whole vegetables and fruit is more nutritious than drinking juice. Choose them more often than juice.



Grain Products

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Choose whole grain bread, bagels, pita bread and tortillas instead of croissants, doughnuts or pastries.
- Substitute brown rice in recipes that call for white rice and use whole grain pasta instead of white pasta.

Meat and Alternatives

- If you eat meat, a little goes a long way. Choose lean cuts.
- Choose meat alternatives. Use split peas, chickpeas, kidney beans, black beans, lentils or tofu in place of meat. Add them to soups, casseroles, salads, and wraps, or blend them into a dip.
- Eat fish. Choose fish such as char, herring, mackerel, salmon, sardines and trout. These types of fish are high in omega 3 fats, which are healthy for your heart.

Milk and Alternatives

- Drink milk (skim, 1% or 2% milk) or unsweetened fortified soy beverage each day.
- Use unsweetened low fat milk (skim, 1% or 2%) or unsweetened fortified soy beverage when preparing scrambled eggs, hot cereal, casseroles and soups.
- Choose milk alternatives such as cheese and yogurt that are lower in fat, sugars and sodium.

Water

- Water is a calorie-free way of staying hydrated. Make water your drink of choice. At some meals, include lower fat milk or unsweetened fortified soy beverages.
- Drink plain or unsweetened sparkling water. Flavour it up: slices of lemon, lime, cucumber or fresh fruit; fresh herbs like basil and mint; a splash of 100% pure fruit juice.
- Add flavour to your water by making your own tea. Boil water and add the following tasty combinations:
 - Chopped apple and cinnamon
 - Orange slices and cinnamon
 - Fresh squeezed lemon and ginger
 - Chopped pear and ginger
 - Keep a pitcher of water on the table for easy access.

Oils and Fats

- When preparing meals, replace shortening, lard or hard margarines with healthy oils and fats such as canola, olive and soybean.
- For breads and rolls, dip or drizzle olive oil in place of butter.
- Include a small amount of unsaturated fat each day. For example:
 - Use soft non-hydrogenated margarine on your toast or bread
 - Use canola oil in your pan to make eggs
 - Use a vinegar and oil type salad dressing (e.g. Balsamic, Italian, raspberry vinaigrette) on your salad.
 - Use olive oil to cook your stir-fry.

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Sex			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

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.

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup)



Bread
1 slice (35g)



Bagel
½ bagel (45 g)



Flat breads
½ pita or ½ tortilla (35 g)



Cooked rice, bulgur or quinoa
125 mL (½ cup)



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)



Cooked pasta or couscous
125 mL (½ cup)



Milk or powdered milk (reconstituted)
250 mL (1 cup)



Canned milk (evaporated)
125 mL (½ cup)



Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g (¾ cup)



Kefir
175 g (¾ cup)



Cheese
50 g (1 ½ oz.)



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
150 g or 175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts and seeds
60 mL (¼ cup)