

CANADA'S FOOD GUIDE

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

Recommended Number of Food Guide Servings per Day

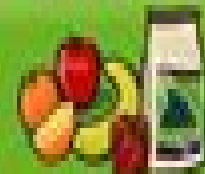
	Children			Teens		Adults			
	Age in Years			Age in Years		Age in Years		Age in Years	
	5-9	10-13	14-17	14-17	18-24	25-34	35-44	45-54	55+
	Boys	Girls and Boys		Boys and Girls	Boys	Boys and Girls	Boys and Girls	Boys and Girls	
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	7	7	6-7	8	6	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



Fresh, frozen or canned vegetables
175 ml (3/4 cup)



Leafy vegetables
Cooked: 125 ml (1/2 cup)
Raw: 200 ml (1 cup)



Fresh, frozen or canned fruits
1 fruit or 125 ml (1/2 cup)



100% Juice
125 ml (1/2 cup)



Bread
1 slice (30 g)



Bagel
1 bagel (45 g)



Flat breads
1 pita or 1 naan (30 g)



Cooked rice,
bulgur or quinoa
125 ml (1/2 cup)



Cereal
Cooked: 25 g
Raw: 175 ml (3/4 cup)



Cooked pasta
or noodles
125 ml (1/2 cup)



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



Condensed milk
(unsweetened)
125 ml (1/2 cup)



Fortified soy
beverage
250 ml (1 cup)



Yogurt
175 g
(3/4 cup)



Kefir
175 g
(3/4 cup)



Cheese
30 g (1 1/2 oz)



Cooked fish, shellfish,
poultry, lean meat
75 g (2 1/2 oz) or 125 ml (1/2 cup)



Cooked legumes
175 ml (3/4 cup)



Tofu
100 g or
125 ml (1/2 cup)



Egg
1 large



Peanut or seed butter
30 ml (2 tbsp)



Shelled nuts
and seeds
60 ml (2 tbsp)

Canada Food Guide Recommended Daily Calorie Intake

Sue Rodwell Williams



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Nutrition Paul M. Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2016-08-05 Written for majors and advanced non majors the Sixth Edition of Nutrition provides a modern comprehensive introduction to nutrition concepts guidelines and functions Its student focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition **Discovering Nutrition** Paul M. Insel, Elaine Turner, Don Ross, 2010 Discovering Nutrition Third Edition is a student friendly introduction to nutrition on a non majors level Coverage of material such as digestion metabolism chemistry and life cycle nutrition is clearly written accessible and engaging to undergraduate students

Nutrition Dr. Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2016-08-08 Written for majors and advanced non majors the Sixth Edition of Nutrition provides a modern comprehensive introduction to nutrition concepts guidelines and functions Its student focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition Discovering Nutrition , Fitness for Life Canada Le Masurier, Guy C., Corbin, Charles, Baker, Kellie, Byl, John, 2016-12-09 Fitness for Life Canada is an evidence based program focused on shifting teens from dependence to independence when it comes to healthy behaviours including physical activity fitness and healthy eating It includes an array of web based resources for students and teachers and more than 100 lesson plans *Journal of the Canadian Dietetic Association* , 1997 Applied Physiology, Nutrition, and Metabolism , 2007 *Menu Confidential* Megan Ogilvie, 2012-07-03 Menu Confidential is a book for every Canadian who dines out That s most of us One quarter of Canadians 8 5 million people dine out once or twice a week and almost one million Canadians say they eat at a restaurant every day Most Canadians intend to eat right when having a meal outside their home but few put those good intentions into practice Sure cravings for a greasy burger will sometimes overtake you but the biggest hurdle to making smart choices is a lack of information Packed with colour photographs Menu Confidential is not a traditional weight loss book Rather it is a guide to navigating the dining scene with solid facts eye opening analysis and easy to use tips Over time those who make better more informed choices can lose weight becoming smart diners with an edge on keeping those creeping pounds at bay *Health Reports* , 2008

Professional Cooking Wayne Gisslen, 2018-04-19 The Ninth Edition of Professional Cooking reflects the changing nature of our understanding of cooking and related fields such as food safety nutrition and dietary practices as well as new thinking about how best to teach this material What has not changed is the core material that focuses on the essentials the comprehensive understanding of ingredients and basic cooking techniques that are the foundation of success in the kitchen and the development of manual skills to apply this knowledge Nutrition Frances Sienkiewicz Sizer, 2002 *Hamilton and Whitney's Nutrition* Frances Sienkiewicz Sizer, Frances Sizer Webb, Eleanor Noss Whitney, 1996-12 **Academy Of Nutrition And Dietetics Complete Food And Nutrition Guide, 5th Ed** Roberta Larson Duyff, 2017-04-18 The newest edition of the most trusted nutrition bible Since its first highly successful edition in 1996 The Academy of Nutrition and

Dietetics Complete Food and Nutrition Guide has continually served as the gold standard resource for advice on healthy eating and active living at every age and stage of life. At once accessible and authoritative, the guide effectively balances a practical focus with the latest scientific information serving the needs of consumers and health professionals alike. Opting for flexibility over rigid dos and don'ts, it allows readers to personalize their own paths to healthier living through simple strategies. This newly updated Fifth Edition addresses the most current dietary guidelines, consumer concerns, public health needs, and marketplace and lifestyle trends in sections covering Choices for Wellness, Food from Farm to Fork, Know Your Nutrients, Food for Every Age and Stage of Life, and Smart Eating to Prevent and Manage Health Issues. Canadian Journal of Applied Sport Sciences, 1980

Health Assessment & Physical Examination Mary Ellen Zator Estes, 2006 Explains the process of holistic assessment in nursing, covering physical assessment skills, clinical examination techniques, and patient teaching guidelines, and includes nursing tips, case studies, review questions, and references. The Hockey Conditioning Handbook Don MacAdam, Gail Reynolds, 1983

Nutrition Concepts and Controversies Frances Sizer Webb, Eleanor Noss Whitney, 2003 CD ROM contains Nutrition Connections by Michelle Grodner

Nutrition and Diet Therapy Sue Rodwell Williams, 1981

Journal of the Canadian Association for Health, Physical Education and Recreation Canadian Association for Health, Physical Education and Recreation, 1964

Journal of the Canadian Association for Health, Physical Education and Recreation, 1964

The book delves into Canada Food Guide Recommended Daily Calorie Intake. Canada Food Guide Recommended Daily Calorie Intake is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Canada Food Guide Recommended Daily Calorie Intake, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Canada Food Guide Recommended Daily Calorie Intake
 - Chapter 2: Essential Elements of Canada Food Guide Recommended Daily Calorie Intake
 - Chapter 3: Canada Food Guide Recommended Daily Calorie Intake in Everyday Life
 - Chapter 4: Canada Food Guide Recommended Daily Calorie Intake in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Canada Food Guide Recommended Daily Calorie Intake. This chapter will explore what Canada Food Guide Recommended Daily Calorie Intake is, why Canada Food Guide Recommended Daily Calorie Intake is vital, and how to effectively learn about Canada Food Guide Recommended Daily Calorie Intake.
 3. In chapter 2, the author will delve into the foundational concepts of Canada Food Guide Recommended Daily Calorie Intake. The second chapter will elucidate the essential principles that must be understood to grasp Canada Food Guide Recommended Daily Calorie Intake in its entirety.
 4. In chapter 3, the author will examine the practical applications of Canada Food Guide Recommended Daily Calorie Intake in daily life. The third chapter will showcase real-world examples of how Canada Food Guide Recommended Daily Calorie Intake can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Canada Food Guide Recommended Daily Calorie Intake in specific contexts. The fourth chapter will explore how Canada Food Guide Recommended Daily Calorie Intake is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Canada Food Guide Recommended Daily Calorie Intake. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Canada Food Guide Recommended Daily Calorie Intake.

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