

PART 3 :

THE CANADIAN FOOD GUIDE...

Recommended Number of Food Guide Servings per Day

Age/Year Sex	Children			Teens		Adults			
	1-3	4-8	9-13	14-18	19-30	31-50	51+	70+	80+
	Boys	Girls	Boys	Boys	Boys	Boys	Boys	Boys	Boys
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.

What is One Food Guide Serving?

Look at the examples below.



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



Leafy vegetables
Cooked: 125 ml (1/2 cup)
Raw: 200 ml (3/4 cup)



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



100% Juice
125 ml (1/2 cup)



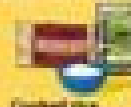
Bread
1 slice (25 g)



Bagel
1 bagel (50 g)



Flat breads
1 pita or 1 tortilla (25 g)



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



Cereal
Cook: 125 ml (1/2 cup)
Raw: 175 ml (3/4 cup)



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



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



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



Condensed milk (unsweetened)
250 ml (1 cup)



Yogurt
175 g (3/4 cup)



Milk
175 g (3/4 cup)



Cheese
50 g (1/4 cup)



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



Cooked Tuna
175 ml (1/2 cup)



Tofu
125 g (1/2 cup)



Egg
1 egg



Peas or lentils
250 ml (1 cup)



Salad
250 ml (1 cup)

Canadian Guide To Healthy Eating

Chao Zhang



Canadian Guide To Healthy Eating:

Whispering the Strategies of Language: An Emotional Journey through **Canadian Guide To Healthy Eating**

In a digitally-driven world wherever displays reign great and immediate communication drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases frequently go unheard. Yet, situated within the pages of **Canadian Guide To Healthy Eating** a charming fictional prize pulsating with organic emotions, lies a fantastic quest waiting to be undertaken. Published by a skilled wordsmith, that charming opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the fabric of every word. Within the psychological depths of this emotional evaluation, we can embark upon a heartfelt exploration of the book's primary styles, dissect its interesting writing style, and yield to the powerful resonance it evokes strong within the recesses of readers' hearts.

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web if the meaning is not exactly the same the words have very similar meanings in the context when two words are synonyms of one another we call them synonymous words let us take the example of the word jump the words leap bounce hop are all synonymous to jump i e they have the same or very similar meanings