

CANADA'S FOOD GUIDE

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

Recommended Number of Food Guide Servings per Day

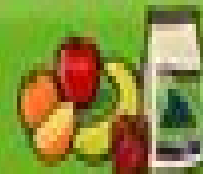
	Children			Teens		Adults			
	Age in Years			Age in Years		18-50		51+	
	2-3	4-5	6-13	Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	7	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3



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



Leafy vegetables
Cooked: 125 ml (1/2 cup)
Raw: 250 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)



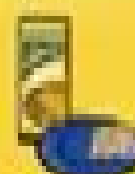
Flatbread
1 pita or 1 naan (30 g)



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



Cereal
Cooked: 30 g
Raw: 125 ml (1/2 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 oz)



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



Cooked legumes
125 ml (1/2 cup)



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



Egg
1 large



Peanut or soy butter
30 ml (2 tbsp)



Shelled nuts
and seeds
30 ml (2 tbsp)

Canada Food Guide 5day Meal Plan

Xiang Xie



Canada Food Guide 5day Meal Plan:

The 5-Day Diet Patrick Holford, 2020-05-28 Kickstart ketosis lose weight gain energy and transform your health in just five days Pioneering research has shown that a diet that is low in carbs and calories and high in good fats that trigger ketosis can counteract many diseases and boost wellbeing better than water fasts In The 5 Day Diet nutrition expert and co author of The Hybrid Diet Patrick Holford provides you with a tried and tested plan to trigger a self repair process called autophagy which renews and rejuvenates your cells reboots your metabolism and detoxifies your body This book breaks down the science and how it works while giving you daily meal plans recipes and exercises Whether you are after a quick fix with lasting results or looking to improve overall wellbeing The 5 Day Diet is a springboard to better health **Healthy Beginnings** Nan Schuurmans, Jennifer Blake, 2017-02-22 Canada's premier resource for planning a happy healthy pregnancy Healthy Beginnings is the ultimate guide to having a baby with expert guidance through planning conception pregnancy labor and more Developed by The Society of Obstetricians and Gynecologists of Canada SOGC this book answers the hundreds of questions you have about your body your baby and your life during this exciting time written by Canada's lead authorities on maternal and newborn health You will find clear answers about keeping yourself and your baby healthy through each trimester and what to expect as your body changes seemingly overnight When it's time it's time and the SOGC's experts walk you step by step through each of the four stages of labor and delivery with insightful advice to help you have the birth experience you want and enjoy your first moments with your newborn When pregnancy ends motherhood begins and this book helps you start caring for your newborn and yourself with help from leading authorities on postpartum care breast feeding and all the information you will need as a brand new parent Based on the national guidelines for care this book provides clinically accurate information in an accessible user friendly way From planning a pregnancy to taking care of your new baby your questions are answered here by the premier experts in the field Understand what to expect from your body during each trimester Learn how to eat exercise travel work and play as your pregnancy progresses Get expert insight and advice for each step of labor and delivery Take great care of your newborn and yourself and find help when you need it Expectant mothers are understandably overwhelmed with information everyone has advice freely given and sometimes questionable How do you separate fact from superstition Healthy Beginnings is the resource you can trust with the most up to date answers on planning pregnancy delivery and beyond The 5-Day Miracle Diet Companion Adele Puhn, Karla Dougherty, 1996 Daily journal pages to write down what you ate how you felt how you kept moving and a Daily Adele dose to keep you inspired Cover Includes recipes weekly assessments and anecdotes *Journal of the American Dietetic Association*, 2003 *Nutrition Abstracts and Reviews*, 1998 *Food Market Commentary*, 1986 Index to Nutrition and Health, 1981 *Field & Stream*, 1974-01 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen

have passed down for generations *Journal of the Canadian Dietetic Association* ,1974 *Field & Stream* ,1975-08 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations

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Canada Food Guide 5day Meal Plan Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Canada Food Guide 5day Meal Plan**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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web le compost gestion de la matia re organique 1 le compost gestion de la matia re organique management of urban biodegradable wastes report of the international consultations on partnership in the water sector for cities in africa rural urban transformations managing organic matter in tropical soils scope and limitations