

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	71+	
				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	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	1	1
Meat and Alternatives	1	1	1-2	2	3	2	3	2	1

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)



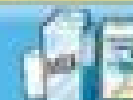
Cooked rice, bulgur or quinoa
125 ml (1/2 cup)



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 (nonfat/skim)
250 ml (1 cup)



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



Condensed milk (sweetened)
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)



Canned Tuna
175 ml (1/2 cup)



Tofu
125 g (1/2 cup)



Egg
1 egg



Peanut or seed butter
57 ml (2 Tbsp)



Beans (canned)
50 ml (2 oz)

Canada X27s Healthy Food Guide

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