

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+	
	Boys	Girls	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?

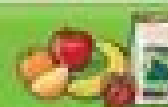
Look at the examples below.



Fresh, frozen or canned vegetables
175 ml (6 oz cup)



Leafy vegetables
Cooked: 125 ml (½ cup)
Raw: 200 ml (¾ cup)



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



100% Juice
125 ml (½ cup)



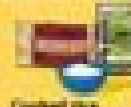
Bread
1 slice (25 g)



Pizza
1 slice (65 g)



Flat breads
1 piece or 1 bun (125 g)



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



Cereal
Cook: 125 ml (½ cup)
Raw: 175 ml (¾ cup)



Cooked pasta or vegetables
125 ml (½ cup)



Milk or powdered milk (nonfat/dried)
250 ml (1 cup)



Evaporated milk (unsweetened)
125 ml (½ cup)



Fortified soy beverage
250 ml (1 cup)



Yogurt
175 g (¾ cup)



Kefir
175 g (¾ cup)



Cheese
60 g (2 oz)



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz) or 125 ml (½ cup)



Cooked vegetables
175 ml (¾ cup)



Butter
100 g or 125 ml (½ cup)



Eggs
2 eggs



Peanut or seed butter
50 ml (2 Tbsp)



Roasted nuts and seeds
60 ml (2 oz)

Canadian Food Guide Picture

**Lori A. Smolin, Mary B.
Grosvenor, Debbie Gurfinkel**



Canadian Food Guide Picture:

Pierre & Janet Berton's Canadian Food Guide Pierre Berton, Janet Berton, 1974 A tour of our national eating styles from pioneer grub to the specialties of today **Fitness and Wellness in Canada** Sarah J. Woodruff Atkinson, Carol Kennedy Armbruster, Ellen M. Evans, 2020 Developed specifically for the Canadian audience and written for first year undergraduate students taking a general education fitness and wellness course *Fitness and Wellness in Canada A Way of Life* uses an engaging learning environment to provide students with the tools they need to become fit and well for life In addition to providing students with an overview of the health related components of fitness *Fitness and Wellness in Canada A Way of Life* teaches students how to embrace healthy eating and enjoy being physically active Students learn how to establish fitness and wellness goals for now and throughout their lives They learn how to manage stress reduce the risk of metabolic syndrome and cancer remain free from addiction and develop a healthy sexuality **Canadian Food Bulletin**, 1917

Krause and Mahan's Food and the Nutrition Care Process, 16e, E-Book Janice L Raymond, Kelly Morrow, 2022-07-30 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Nutrition Provide optimal nutritional care with the latest guidelines to evidence based practice *Krause and Mahan's Food the Nutrition Care Process 16th Edition* provides an all in one resource for the dietetics information you need to care for patients throughout the entire life cycle With insight from clinical specialists the book guides you through the steps of assessment diagnosis and intervention monitoring and evaluation It also covers nutrition in each stage of life weight management medical nutrition therapies for conditions and disorders and the use of nutrition therapies in childhood From a team of nutrition experts led by Janice L Raymond and Kelly Morrow this classic text has been trusted by nurses nutritionists and dieticians for since 1952 **UNIQUE** Pathophysiology algorithms and flow charts present the cause pathophysiology and medical nutrition management for a variety of disorders and conditions to help you understand illness and provide optimal nutritional care Clinical case studies help you translate academic knowledge into practical patient care using a framework of the nutrition care process Sample Nutrition Diagnosis boxes present a problem its etiology and its signs and symptoms then conclude with a nutrition diagnosis providing scenarios you may encounter in practice Clinical Insight boxes expand on information in the text highlight new areas of focus and contain information on studies and clinical resources New Directions boxes suggest areas for further research by spotlighting emerging areas of interest in nutrition care Focus On boxes provide thought provoking information on key nutrition concepts Summary boxes highlight CRISPR the Indigenous food movement hearing assessment health disparities and the Health At Every Size movement and include a tribute to Dr George Blackburn a respected specialist in obesity and nutrition Key terms are listed at the beginning of each chapter and bolded within the text **NEW** Infectious Diseases chapter is written by a new author with specific expertise in infectious disease **NEW** Transgender Nutrition chapter is added from two new authors **NEW** COVID 19 updates are provided in multiple chapters each relating to epidemiology and patient care **NEW** Information on the

FODMAP diet is included in the appendix covering the sugars that may cause intestinal distress NEW Emphasis on diversity equity and inclusion is included in all chapters NEW Updated International Dysphagia Diet Standardisation Initiative IDDSI information is included in the appendix NEW Updated pregnancy growth charts are added to this edition NEW Updated Healthy People 2030 information is added throughout the book Growth and Changes in Animals Jennifer Lawson,2001 The 12 lessons in this module introduce students to the characteristics of animal groups the animal behaviours and habitats the life cycles of various animals and their needs for survival Students also investigate how humans harm and help animals Also included materials lists activity descriptions questioning techniques activity centre and extension ideas assessment suggestions activity sheets and visuals The module offers a detailed introduction to the Hands On Science program guiding principles implementation guidelines an overview of the skills that young students use and develop during scientific inquiry a list of children s books and websites related to the science topics introduced and a classroom assessment plan with record keeping templates Hands-On Science, Level 2 Jennifer Lawson,1999 This teacher resource offers a detailed introduction to the Hands On Science program which includes its guiding principles implementation guidelines an overview of the science skills that grade 2 students use and develop and a classroom assessment plan complete with record keeping templates This resource has four instructional units Unit 1 Growth and Changes in Animals Unit 2 Properties of Solids Liquids and Gases Unit 3 Position and Motion Unit 4 Air and Water in the Environment Each unit is divided into lessons that focus on specific curricular outcomes Each lesson has materials lists activity descriptions questioning techniques activity centre and extension ideas assessment suggestions activity sheets and visuals **Catalog** Food and Nutrition Information Center (U.S.),1974

Canadian Books in Print ,1983 Nutrition Lori A. Smolin,Mary B. Grosvenor,Debbie Gurfinkel,2020-06-23 Nutrition Science and Applications 3rd Canadian Edition provides students with a strong foundational knowledge of human nutrition covering all essential nutrients their functions in the body and their sources and dietary components Presenting an innovative critical thinking approach to the subject this leading textbook goes beyond the basics to explore underlying nutrition processes while discussing the latest research debates and controversies related to nutrition and health The text offers an accessible visually rich presentation of topics designed to be highly relevant and relatable to Canadian readers The ideal text for college level nutrition courses this new edition features extensively revised and updated content throughout aligning with the latest nutrition research recommendations guidelines and Canadian government regulations The authors real world approach enables students to apply concepts of nutrition science in their own lives as consumers and in their future careers as scientists and health professionals Balanced coverage of fundamental nutrition topics integrates with comprehensive discussion of nutrient metabolism health and disease relationships dietary patterns Canadian and global nutrition issues and much more **Ontario Library Review and Book Selection Guide** ,1922 *Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information and Educational Materials

Center (U.S.), *The World Book Encyclopedia: Research Guide - Index* World Book, Inc, 2007 An encyclopedia designed especially to meet the needs of elementary junior high and senior high school students **Canadian Selection** Alvan Bregman, Ontario. Ministry of Citizenship and Culture, University of Toronto. Centre for Research in Librarianship, 1985
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