

Recommended Number of Food Guide Servings per Day

Age/Item Sex	Children			Teens		Adults			
	2-3 Girls and Boys	4-8 Girls and Boys	9-13 Girls and Boys	14-18 Females	14-18 Males	19-50 Females	19-50 Males	51+ Females	51+ Males
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.

Meeting the amount and type of food recommended and following the tips in Canada's Food Guide will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

2007 Food Guide

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

2019 Food Guide

Canadian Food Guide Portion Sizes

Mary Rhiner



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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 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 Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2010-04-07 5 Stars Doody's Review Service *Nutrition* Fourth Edition is an accessible introduction to nutritional concepts guidelines and functions It brings scientifically based accurate information to students about topics and issues that concern them a balanced diet weight management and more and encourages them to think about the material they're reading and how it relates to their own lives Covering important biological and physiological phenomena including glucose regulation digestion and absorption and fetal development as well as familiar topics such as nutritional supplements and exercise *Nutrition* Fourth Edition provides a balanced presentation of behavioral change and the science of nutrition **Canada's Food Guide Handbook** Canada. Health Promotion Directorate, Canada. Health and Welfare Canada, 1985 *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* Dr. Paul Insel, Kimberley McMahon, Melissa Bernstein, 2025-05-13 Incorporating the latest research and dietary guidelines *Discovering Nutrition* Seventh Edition introduces students to the fundamentals of nutrition with an engaging and personalized approach Written with a diverse student population of nutrition majors and non majors in mind this text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in several innovative ways Thoroughly updated the new seventh edition covers current nutrition topics of interest such as personalized nutrition nutrigenomics the obesogenic environment gut health microbiome plant based diet functional foods bioavailability nutrition density and gut microbiome Feature boxes such as the new Lifestyle Medicine Why Is This Important Quick Bites and more ensure students learn practical nutrition information **Healthy eating and parenting messages to prevent obesity** Lisa Bailey-Davis, Jennifer Savage, 2023-05-03 *Instructor's Manual forSizer and Whitney's Nutrition* Lori Waite Turner, Frances Sienkiewicz Sizer, 2000 **Journal of the Canadian Dietetic Association** , 1997 Instructor's Manual for Understanding Nutrition [by] Eleanor Noss Whitney, Sharon Rady Rolfes Mary Rhiner, 2005 **The Canadian Global Almanac** , 1994 *Canadian*

Global Almanac 2002 Susan Girvan,2001-10

Understanding Nutrition Im E9 Eleanor Noss Whitney,2001-09

Contemporary Nutrition Gordon M. Wardlaw,1992

Introductory Nutrition Helen Andrews Guthrie,1989 Abstract

This text is a comprehensive introductory textbook for use in the study of nutrition Includes special pedagogical features such as Awareness Checks consumer tips chapter summaries and Applying What You ve Learned Topics covered include basic principles of nutrition fundamentals of digestion carbohydrates lipids proteins vitamins applied nutrition nutrition in pregnancy infant nutrition and nutrition in the later years *Action Towards Healthy Eating--* Task Group on Canada's Food Guide,Technical Group on Canada's Food Guide,Canada. Task Group on Food Consumption,Canada. Health and Welfare Canada. Communications/Implementation Committee,1990 Action Towards Healthy Eating-- Canada. Health and Welfare Canada. Communications/Implementation Committee,1990 This report presents comprehensive strategies for communicating and implementing the nutrition recommendations suggested in the report of the Scientific Review Committee including a translation of the updated nutrition recommendations The report contains Canada s guidelines for healthy eating current nutrition practices of the population and gaps between current and recommended practices analysis of existing nutrition activities programs methods and materials that are directed to the public opportunities and challenges for implementation existing infrastructure for implementing Canada s guidelines key examples of current nutrition intervention programs and recommendations for action to nutrition and other health professionals governments food and related industries non governmental health organizations and the public **Canadian Global Almanac 2004** CGART Staff,2004-09-03 The most reliable up to date and authoritative information on Canada and the world that covers Current events of 2003 were you there The people of Canada with the latest census information see where you fit Facts and figures on the Canadian economy perfect for your school project Canadian geography and history your town or relatives might be famous Canadian politics with recent election results whom did you vote for Business finance and labour news find out what GDP really means Famous Canadians get to know them The perfect travel companion with lists of arts and music festivals don t leave home without it CANADA AND THE WORLD News events of 2003 from the war in Iraq to the SARS epidemic The scoop on entertainment news music theatre literature movies and TV Sports from the NHL to the NBA the winners and losers of 2003 Science what s cooking in the labs and what s the buzz from outer space The world at your fingertips global geography population statistics governments economic data plus a survey of world history AND MUCH MUCH MORE *Mosby's Canadian Textbook for the Support Worker* Sheila A. Sorrentino,Kathleen Kennedy,Judy Bowyer,2004 Training to be an effective and responsible support worker whether in the community or institutional setting requires the understanding of many important topics Support workers must learn a broad foundation of skills to perform their role safely and effectively Mosby s Canadian Textbook for the Support Worker covers everything a student will need to know about working in a variety of health care settings This book provides clear explanations of the key concepts and procedures The straightforward step by step

presentation of procedures with numerous full colour illustrations makes learning easy The essential skills and functions of the support worker are clearly explained in addition to providing a solid comprehension of the role of the support worker with the client the client s family working within the health care team and the unique Canadian health care system Mosby s Canadian Textbook for the Support Worker is an adaptation of the best selling U S text Mosby s Textbook for Nursing Assistants Fifth Edition by Sheila Sorrentino Adapted to include both the knowledge and skills base of the Canadian programs this text includes basic nursing skills supportive care for ongoing conditions and or cognitive impairments assistance with medications home management and meal preparation as well as assisting with palliative care *The 1996 Canadian Global Almanac* John Robert Colombo,1995

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