

## 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 (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)



Cereal  
1 cup (25 g)



Flat breads  
1 pita or 1 tortilla (25 g)



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



Cereal with milk  
Cook: 175 ml (¾ cup)



Cooked pasta or vegetables  
125 ml (½ cup)



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



Condensed milk (unsweetened)  
125 ml (½ cup)



Fortified soy beverage  
250 ml (1 cup)



Yogurt  
175 g (¾ cup)



Kefir  
175 g (¾ cup)



Cheese  
50 g (1 oz)



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



Cooked legumes  
175 ml (¾ cup)



Tofu  
125 g (4 ½ oz)



Eggs  
2 eggs



Peanut or seed butter  
57 ml (2 Tbsp)



Nut and seed oils  
60 ml (¼ cup)

# Canadian Guide To Healthy Eating

**VM Jensen**



## **Canadian Guide To Healthy Eating:**

## Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Canadian Guide To Healthy Eating**

In some sort of inundated with monitors and the cacophony of quick communication, the profound energy and mental resonance of verbal art frequently fade into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, nestled within the lyrical pages of **Canadian Guide To Healthy Eating**, a captivating perform of literary brilliance that pulses with natural thoughts, lies an unforgettable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus books readers on a psychological odyssey, delicately revealing the latent potential and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is main subjects, dissect their interesting writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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Mendel's F2 generation for the two-factor cross? (pages 270-274) 10. Complete the Punnett ... 11-3 Exploring Mendelian Genetics Aug 14, 2014 — 11-3 Exploring Mendelian Genetics. Key Concepts: What is the principle of independent assortment? What inheritance patterns exist aside from ... Answers to All Questions and Problems Aug 14, 2015 — CHAPTER 1. 1.1 In a few sentences, what were Mendel's key ideas about inheritance? ANS: Mendel postulated transmissible factors—genes—to. Terpsichore in Sneakers: Post-Modern Dance (Wesleyan ... A dance critic's essays on post-modern dance. Drawing on the postmodern perspective and concerns that informed her groundbreaking Terpsichore in Sneakers, ... Terpsichore in Sneakers A dance critic's essays on post-modern dance. Drawing on the postmodern perspective and concerns that informed her groundbreaking Terpsichore in Sneakers, ... Terpsichore in Sneakers: Post-Modern Dance - Project MUSE by S Banes · 2011 · Cited by 1305 — In this Book ... Drawing on the postmodern perspective and concerns that informed her groundbreaking Terpsichore in Sneakers, Sally Bane's Writing ... Terpsichore in Sneakers: Post-Modern Dance by Sally Banes Terpsichore in Sneakers offers the first critical review of the history of post-modern dance—an avant-garde style that emerged in the USA in the 1960s. Terpsichore in Sneakers: Post-Modern Dance by Sally Banes A dance critic's essays on post-modern dance. Drawing on the postmodern perspective and concerns that informed her groundbreaking Terpsichore in Sneakers, ... Terpsichore in sneakers, post-modern dance title: Terpsichore in Sneakers : Post-modern Dance Wesleyan Paperback author: Banes, Sally. publisher: Wesleyan University Press isbn10 | asin: 0819561606 ... Terpsichore in Sneakers: Post-modern Dance - Sally Banes Terpsichore in Sneakers: Post-modern Dance · From inside the book · Contents · Other editions - View all · Common terms and phrases · About the author (1980). Terpsichore in Sneakers: Post-Modern Dance by Sally Banes A dance critic's essays on post-modern dance. Drawing on the postmodern perspective and concerns that informed her groundbreaking. Terpsichore in sneakers: Post-modern dance: Banes, Sally Drawing on the postmodern perspective and concerns that informed her groundbreaking Terpsichore in Sneakers, Sally Bane's Writing Dancing documents the ... Terpsichore Sneakers Post Modern Dance by Sally Banes Terpsichore in Sneakers: Post-Modern Dance (Wesleyan Paperback). Banes, Sally. ISBN 13: 9780819561602. Seller: ...