

CANADA'S FOOD GUIDE

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

Recommended Number of Food Guide Servings per Day

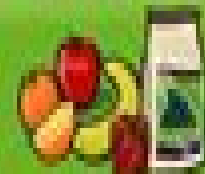
	Children			Teens		Adults			
	Age in Years			Sex		Sex		Sex	
	3-5	6-13	14-17	Girls and Boys	Boys	Girls and Boys	Boys	Girls and Boys	Boys
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	7	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3



Fresh, frozen or canned vegetables
175 ml (3/4 cup)



Leafy vegetables
Cooked: 125 ml (1/2 cup)
Raw: 200 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)



Flat breads
1 pita or 1 naan (30 g)



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



Cereal
Cooked: 25 g
Raw: 175 ml (3/4 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 1/2 oz)



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



Cooked legumes
175 ml (3/4 cup)



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



Egg
1 large



Peanut or seed butter
30 ml (2 tbsp)



Shelled nuts
and seeds
60 ml (2 tbsp)

Canada Food Guide Recommended Daily Calorie Intake

Mary Ellen Zator Estes



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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 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

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Ogilvie, 2012-07-03 Menu Confidential is a book for every Canadian who dines out That s most of us One quarter of Canadians 8 5 million people dine out once or twice a week and almost one million Canadians say they eat at a restaurant every day Most Canadians intend to eat right when having a meal outside their home but few put those good intentions into practice Sure cravings for a greasy burger will sometimes overtake you but the biggest hurdle to making smart choices is a lack of information Packed with colour photographs Menu Confidential is not a traditional weight loss book Rather it is a guide to navigating the dining scene with solid facts eye opening analysis and easy to use tips Over time those who make better more informed choices can lose weight becoming smart diners with an edge on keeping those creeping pounds at bay *Health Reports* , 2008

Professional Cooking Wayne Gisslen, 2018-04-19 The Ninth Edition of Professional Cooking reflects the changing nature of our understanding of cooking and related fields such as food safety nutrition and dietary practices as well as new thinking about how best to teach this material What has not changed is the core material that focuses on the essentials the comprehensive understanding of ingredients and basic cooking techniques that are the foundation of success in the kitchen and the development of manual skills to apply this knowledge **Nutrition** Frances Sienkiewicz Sizer, 2002

Hamilton and Whitney's Nutrition Frances Sienkiewicz Sizer, Frances Sizer Webb, Eleanor Noss Whitney, 1996-12

Academy Of Nutrition And Dietetics Complete Food And Nutrition Guide, 5th Ed Roberta Larson
Duyff, 2017-04-18 The newest edition of the most trusted nutrition bible Since its first highly successful edition in 1996 The

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Canadian Journal of Applied Sport Sciences, 1980 Health Assessment & Physical Examination Mary Ellen Zator Estes, 2006 Explains the process of holistic assessment in nursing covering physical assessment skills, clinical examination techniques, and patient teaching guidelines, and includes nursing tips, case studies, review questions, and references. **The Hockey Conditioning Handbook** Don MacAdam, Gail Reynolds, 1983 *Nutrition Concepts and Controversies* Frances Sizer Webb, Eleanor Noss Whitney, 2003 CD ROM contains Nutrition Connections by Michelle Grodner Nutrition and Diet Therapy Sue Rodwell Williams, 1981 Journal of the Canadian Association for Health, Physical Education and Recreation Canadian Association for Health, Physical Education and Recreation, 1964 Journal of the Canadian Association for Health, Physical Education and Recreation, 1964

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web may 27 2022 the birthday reminder email content sample hey quinton this is a friendly reminder of an important date

in our team our colleague anastasia is celebrating her birthday today date the birthday party will take place in our meeting room on date at time make sure that she has a special day respectfully hr officer s name

how to write reminder message for birthday party - Oct 17 2023

web sep 7 2022 here are some tips on how to write a reminder message for a birthday party 1 keep it short and sweet a reminder message doesn t have to be long in fact shorter messages are often more effective just include the date time and location of the party and maybe a brief message wishing the birthday boy or girl a happy

birthday party reminder quotes motivation and love - Sep 04 2022

web 1 please be reminded of my birthday party that ll hold tomorrow evening it ll be fun to see and host you for an amazing time 2 it ll be fun hosting you for an evening of good food and company at my birthday party i hope you make it 3 i can already imagine hugging and laughing with you at my birthday party see you soon 4