



Health
Canada

Santé
Canada

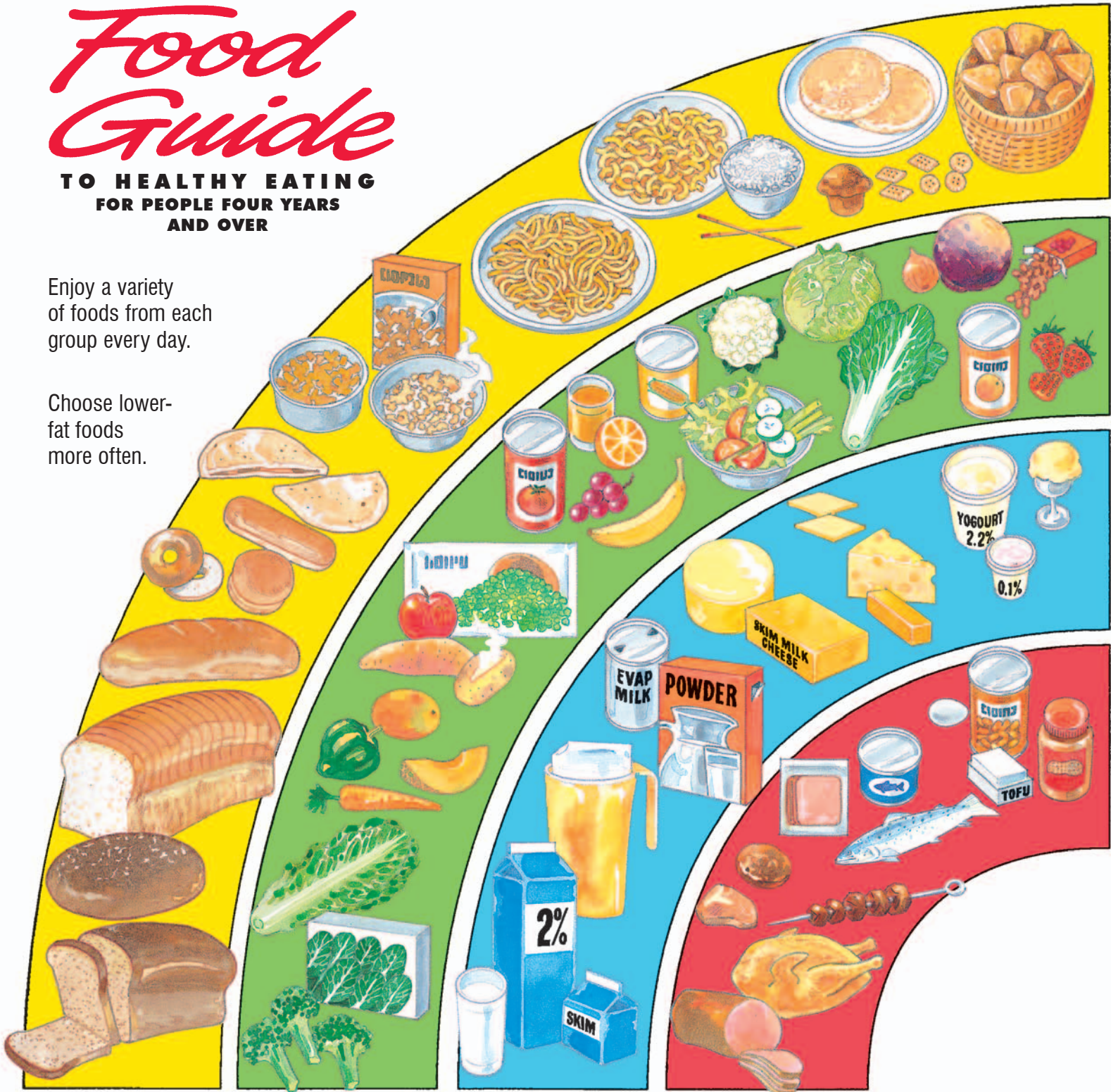
CANADA'S

Food Guide

TO HEALTHY EATING
FOR PEOPLE FOUR YEARS
AND OVER

Enjoy a variety
of foods from each
group every day.

Choose lower-
fat foods
more often.



Grain Products

Choose whole grain
and enriched
products more often.

Vegetables and Fruit

Choose dark green and
orange vegetables and
orange fruit more often.

Milk Products

Choose lower-fat milk
products more often.

Meat and Alternatives

Choose leaner meats,
poultry and fish, as well
as dried peas, beans
and lentils more often.



Grain Products
5 – 12
SERVINGS PER DAY

1 Serving

1 Slice

Cold Cereal 30 g

Hot Cereal 175 mL
3/4 cup

2 Servings

1 Bagel, Pita or Bun

Pasta or Rice 250 mL
1 cup

Vegetables and Fruit
5 – 10
SERVINGS PER DAY

1 Serving

1 Medium Size Vegetable or Fruit

Fresh, Frozen or Canned Vegetables or Fruit 125 mL
1/2 cup

Salad 250 mL
1 cup

Juice 125 mL
1/2 cup

Milk Products
SERVINGS PER DAY
Children 4–9 years: 2–3
Youth 10–16 years: 3–4
Adults: 2–4
Pregnant and Breast-feeding Women 3–4

1 Serving

Milk 250 mL
1 cup

Cheese 3"x1"x1" 50 g

2 Slices 50 g

Yogurt 175 g
3/4 cup

Other Foods

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.

Meat and Alternatives
2 – 3
SERVINGS PER DAY

1 Serving

Meat, Poultry or Fish 50-100 g

Fish 1/3-2/3 Can 50-100 g

Beans 125-250 mL

1-2 Eggs

TOFU 100 g
1/3 cup

Peanut Butter 30 mL 2 tbsp

Different People Need Different Amounts of Food

The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.



Consult *Canada's Physical Activity Guide to Healthy Active Living* to help you build physical activity into your daily life.

Enjoy eating well, being active and feeling good about yourself. That's **VITALIT[®]**