Santé Canada

Your health and safety... our priority.

Votre santé et votre sécurité... notre priorité.

# My Food Guide

Name:
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### My Recommended Food Guide Servings per day

## **My Numbers**

Woman aged 19 to 30

#### **Vegetables & Fruit**

Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt.

Have vegetables and fruit more often than juice.

#### **Grain Products**

Choose grain products that are lower in fat, sugar or salt.

#### Milk and Alternatives

Drink skim, 1% or 2% milk each day. Select lower fat milk alternatives.

#### **Meat and Alternatives**

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week. Select lean meat and alternatives prepared with little or no added fat or salt.

### My Examples

Each example represents 1 Food Guide Serving



125 mL, 1/2 cup



Carrots 125 mL, 1/2 cup, 1



125 mL, 1/2 cup



Sweet potato 125 mL, ½ cup



Avocado ½ fruit



Tomato sauce 125 mL, ½ cup

Make at least half of your grain products whole grain each day.



Bread, white 1 slice, 35 g



Cornbread 1 slice, 35 g



Pasta/noodles, white 125 mL. ½ cup cooked



Rice, white 125 mL. ½ cup cooked



Milk, 1%, 2%, skim 250 mL, 1 cup



Yogurt (plain and flavoured) 175 g, 3/4 cup





mL (1/2 cup)

Chicken

mL (1/2 cup)



75 g (2 ½ oz) / 125





75 g (2 ½ oz) / 125



Fish, fresh or frozen (example: herring, mackerel, trout, salmon, sardines, squid, tuna) 75 g (2 ½ oz) / 125 mL (1/2 cup)



75 g (2 ½ oz) / 125 mL (1/2 cup)



Cycling

Hummus

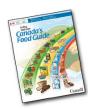
175 mL, 3/4 cup

Jogging

Kick-boxing

Walking

■ Yoga



For more information, visit Canada's Food Guide on-line at: www.healthycanadians.gc.ca/foodguide

