



# My Food Guide

Name: \_\_\_\_\_

## My Recommended Food Guide Servings per day

### My Numbers

Woman aged 19 to 30

#### Vegetables & Fruit

8

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

7

Make at least half of your grain products whole grain each day.  
Choose grain products that are lower in fat, sugar or salt.

#### Milk and Alternatives

2

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

#### Meat and Alternatives

2

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



Broccoli  
125 mL, ½ cup



Carrots  
125 mL, ½ cup, 1 large



Peas  
125 mL, ½ cup



Sweet potato  
125 mL, ½ cup



Avocado  
½ fruit



Tomato sauce  
125 mL, ½ cup



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, ¾ cup



Hummus  
175 mL, ¾ cup



Chicken  
75 g (2 ½ oz) / 125 mL (½ cup)



Duck  
75 g (2 ½ oz) / 125 mL (½ cup)



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



Turkey  
75 g (2 ½ oz) / 125 mL (½ cup)

Here are the examples you chose:

■ Cycling

■ Jogging

■ Kick-boxing

■ Walking

■ Yoga



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

Accumulate at least 2 1/2 hours of moderate to vigorous physical activity each week. You don't have to do it all at once. Choose a variety of activities spread throughout the week.