

Canada's Food Guide Adult Ranges Only

Exact # of servings are geared to age + gender.
Please refer to Canada's Food Guide
or follow your health provider's / dietitian's guidelines.

- **6 - 8 Servings - Grain Products**
30 g [1oz] =1 grain 1 cup cooked pasta =2 grains
- **7 - 10 Servings - Fruits +Vegetables**
Eat at least 1 dark green + 1 orange veg. each day
125 ml [½ c.] =1 serving; 250 ml [1 c.] leafy veg. =1 serving
- **2 - 3 Servings of Milk Products**
250 ml [8 oz.] Milk; 175 ml [¾ c.] Yogurt; 30 g [1 oz]. Cheese
*Choose Skim or 1%.
- **2 - 3 Servings of Meat +Alternatives**
= 75 g [2 ½ oz] cooked of protein (size =deck of cards)
Includes:
Meat, Poultry, Fish - at least 2 x / day
80 ml [1/3 c.] Tofu, 125 ml [½ c.] legumes
50 ml [2 Tbsp.] Peanut Butter

*Choose meats with little or no marbelling, cut off excess fat.
*Nuts + Seeds are protein alternatives. They contain healthy fats but are calorie dense. Be mindful of portion sizes.

- **Other: Sweets, Higher Fat Foods, Alcohol - Have in Moderation**

Sweets + Higher Fat Foods [including high fat proteins]
limit to no more than 3 x / week in a single serving size.

Fat: 5 ml [1 tsp] =1 Serving

Alcohol: Limit to no more than 2 drinks for men or 1 for women per day

Healthy Living Tips:

1. Eat From All Food Groups
2. Vary What You Eat Within Each Food Group
3. Practice Portion Control
4. Choose Whole Grains
5. Choose Foods Lower in Fat/Sugar/Salt
6. Eat Less Processed Foods
7. Satisfy Thirst With Water
8. Get 30 - 60 min. Physical Activity / Day
9. Stay Positive
10. Feed Your Soul

Breakfast	Breakfast	Breakfast	Breakfast
Lunch ~ 300-350	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks
Grains 0 0 0 - 0 0 - 0 - 0 0 Veg. 0 0 0 0 0 Fr. 0 0 - 0 0 0 Milk 0 0 - 0 Healthy Fats 0 0 0 - 0 0 Meat + Alternatives 0 0 - 0 Water 0 0 0 0 0 0 0 0 Activity 00 Other <150: Fed My Soul []	Grains 0 0 0 - 0 0 - 0 - 0 0 Veg. 0 0 0 0 0 Fr. 0 0 - 0 0 0 Milk 0 0 - 0 Healthy Fats 0 0 0 - 0 0 Meat + Alternatives 0 0 - 0 Water 0 0 0 0 0 0 0 0 Activity 00 Other <150: Fed My Soul []	Grains 0 0 0 - 0 0 - 0 - 0 0 Veg. 0 0 0 0 0 Fr. 0 0 - 0 0 0 Milk 0 0 - 0 Healthy Fats 0 0 0 - 0 0 Meat + Alternatives 0 0 - 0 Water 0 0 0 0 0 0 0 0 Activity 00 Other <150: Fed My Soul []	Grains 0 0 0 - 0 0 - 0 0 0 Veg. 0 0 0 0 0 Fr. 0 0 - 0 0 0 Milk 0 0 - 0 Healthy Fats 0 0 0 - 0 0 Meat + Alternatives 0 0 - 0 Water 0 0 0 0 0 0 0 0 Activity 00 Other <150: Fed My Soul []