

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 / dietitians's guidelines.

- **6 - 8 Servings - Grain Products**

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

½ cup =1 serving 1 cup leafy veg. = 1 serving

- **2 - 3 Servings of Milk Products**

Includes: 8 oz. Milk; ¾ c. Yogurt; 1 oz. Cheese

*Choose skim, 1%.

- **2 - 3 Servings of Meat +Alternatives**

= 2 ½ cooked oz. of protein (size =deck of cards)

Includes:

Meat, Poultry, Fish - at least 2 x / day

1/3 cup Tofu, ½ cup legumes

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: 1 tsp - 1 Serving

Alcohol: Limit to no more than 2 drinks for men; 1 for women

Healthy Living Tips:

1. Eat From the Different Food Groups
2. Vary What You Eat
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	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 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 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 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 Fed My Soul []