# My Food Guide

Name:	

My Recommended Food Guide Servings per day

## My **Numbers**

Girl aged 14 to 18

# **My Examples**

Each example represents 1 Food Guide Serving

### **Vegetables and 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**

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

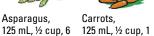
Drink skim, 1% or 2% milk each day. Select lower fat milk alternatives.

### **Meat and Alternatives**

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week.

Asparagus,

spears



large

cooked









Mango,



Orange. 125 mL, ½ cup, ½ 1 medium

½ fruit





Popcorn, plain, 500 mL, 2 cups



Wild rice. 125 mL, 1/2 cup cooked



Bread, white, 1 slice, 35 a



Cereal, cold 30 a



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



Cheese. 50 g, 1 ½ oz



Cheese, goat, 50 g, 1 ½ oz



Paneer. 50 g, 1 ½ oz



Pudding/custard Yogurt. 125 mL, ½ cup



175 g, 34 cup

Select lean meat and alternatives prepared with little or no added fat or

#### Hummus. 175 mL. 34 cup



75 g (2½ oz)/ 125 mL (½ cup)



Chicken, 75 g (2½ oz)/ 125 mL (½ cup)



Fish and shellfish. canned, 75 g (2 ½



75 g (2½ oz)/ oz)/125 mL (½ cup) 125 mL (½ cup)



Veal. 75 g (2½ oz)/ 125 mL (½ cup)

Build at least 90 minutes of physical activity into your day everyday



Use with Canada's **Food Guide** 

### Here are the examples you chose:

Basketball

- Cycling
- Skiing (cross country, downhill, water)Soccer

Jogging Walking















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