



My Food Guide

Name: _____

My Recommended Food Guide Servings per day

My Numbers

Girl aged 14 to 18

Vegetables and Fruit 7

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 6

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 3-4

























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

 Asparagus, 125 mL, ½ cup, 6 spears	 Carrots, 125 mL, ½ cup, 1 large	 Avocado, ½ fruit	 Grapefruit, ½ fruit	 Mango, 125 mL, ½ cup, ½ fruit	 Orange, 1 medium
 Whole grain bagel, ½ bagel, 45 g	 Pasta/noodles, 125 mL, ½ cup cooked	 Popcorn, plain, 500 mL, 2 cups	 Wild rice, 125 mL, ½ cup cooked	 Bread, white, 1 slice, 35 g	 Cereal, cold, 30 g
 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 125 mL, ½ cup	 Yogurt, 175 g, ¾ cup
 Hummus, 175 mL, ¾ cup	 Beef, 75 g (2 ½ oz) / 125 mL (½ cup)	 Chicken, 75 g (2 ½ oz) / 125 mL (½ cup)	 Fish and shellfish, canned, 75 g (2 ½ oz) / 125 mL (½ cup)	 Lamb, 75 g (2 ½ oz) / 125 mL (½ cup)	 Veal, 75 g (2 ½ 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
- Skiing (cross country, downhill, water)
- Cycling
- Soccer
- Jogging
- Walking

