



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



Romaine lettuce,
250 mL, 1 cup raw



Banana,
1 medium



Corn,
1 ear, 125 mL, ½ cup



Cucumber,
125 mL, ½ cup



Grapes,
20 fruits



Potato,
125 mL, ½ cup, ½ medium



Whole grain
bread, 1 slice, 35 g



Cereal, cold,
30 g



Whole wheat
crackers, 30 g



Pasta/noodles,
125 mL, ½ cup
cooked



Whole grain pita,
½ pita, 35 g



Wild rice,
125 mL, ½ cup
cooked



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



Cheese,
50 g, 1 ½ oz



Yogurt,
175 g, ¾ cup



Eggs,
2



Peanut/nut butter,
30 mL, 2 Tbsp



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



Pork,
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:

- Aerobics
- Stair climbing
- Canoeing
- Weight training
- Running

