The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in Canada’s Food Guide will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving? Look at the examples below.

- Fresh, frozen or canned vegetables 125 mL (1/2 cup)
- Fresh, frozen or canned fruits 1 fruit or 125 mL (1/2 cup)
- Leafy vegetables Cooked 125 mL (1/2 cup) Raw: 250 mL (1 cup)
- Vegetables cooked with little or no added fat, sugar or salt.
- Choose vegetables steamed, baked or stir-fried instead of deep-fried.
- Have vegetables and fruit more often than juice.
- Milk or powdered milk (reconstituted) 250 mL (1 cup)
- Fortified soy beverage 250 mL (1 cup)
- Canned milk 125 mL (1/2 cup)
- Fortified soy beverage 250 mL (1 cup)
- Milk or powdered milk (reconstituted) 250 mL (1 cup)
- Kefir 175 g (3/4 cup)
- Cheese 50 g (1 1/2 oz.)
- Eggs 2 eggs
- Shelled nuts and seeds 60 mL (1/4 cup)
- Cereal Cold: 30 g Hot: 175 mL (3/4 cup)
- Cooked rice, bulgur or quinoa 125 mL (1/2 cup)
- Cooked pasta or couscous 125 mL (1/2 cup)
- Cooked legumes 175 mL (1/4 cup)
- Cooked fish, shellfish, poultry, lean meat 75 g (2 1/2 oz)/125 mL (1/2 cup)
- Tofu 150 g (1/2 cup)
- Salt 1 1/2 tsp (7.5 mL)
- Edible oils 1 Tbsp (15 mL)
- Oils and fats
- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.
- Choose fruit prepared with little or no added fat, sugar or salt.
- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
- Have vegetables and fruit more often than juice.
- Bread 1 slice (35 g)
- Bagel 1 bagel (45 g)
- Flat breads 1/2 pita or 1/2 tortilla (35 g)
- Whole grain breads and tortillas.
- Choose whole grain breads, oatmeal or whole wheat pasta.
- Enjoy whole grain products, instead of white flour products.
- Choose grain products that are lower in fat, sugar and salt.
- Have meat alternatives such as beans, lentils and tofu often.
- Choose fish such as albacore, hering, mackerel, salmon, sardines and trout.
- Choose meat alternatives prepared with little or no added fat or salt.
- Have meat alternatives such as beans, lentils and tofu often.
- Have meat alternatives such as beans, lentils and tofu often.
**Eat well and be active today and every day!**

The benefits of eating well and being active include:
- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

**Be active**

To be active every day is a step towards better health and a healthy body weight. It is recommended that adults accumulate at least 2 1/2 hours of moderate to vigorous physical activity each week and that children and youth accumulate at least 60 minutes per day. You don’t have to do it all at once. Choose a variety of activities spread throughout the week.

Start slowly and build up.

**Eat well**

Another important step towards better health and a healthy body weight is to follow Canada’s Food Guide by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium).
- Choosing foods with less fat, saturated fat, trans fat, sugar and sodium.

When a Nutrition Facts table is not available, ask parents or caregivers to help you choose healthier foods.

**Read the label**

- Compare the Nutrition Facts table on food with its choice products that contain less fat, saturated fat, trans fat, sugar and sodium.

- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

**Limit trans fat**

When a Nutrition Facts table is not available, ask parents or caregivers to help you choose healthier foods from the top of the Nutrition Facts table.

- Trans Fat per serving: 0 g
- % Daily Value: 0 %

For more information, please visit Canada’s Food Guide on-line at: www.foodguidecanada.gc.ca/foodguide or contact: Publications Health Canada Ottawa, Ontario K1A 0K9 E-Mail: publications@hc-sc.gc.ca Tel: 1-800-267-1245, 1-866-225-0709 Fax: (613) 941-5366 TTY: 1-866-225-0769

Egalement disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien

This publication can be made available on request in Braille, large print, audio cassette and Braille.

---

### How do I count Food Guide Servings in a meal?

Here is an example:

<table>
<thead>
<tr>
<th>Meal Time</th>
<th>Food Guide Serving</th>
<th>Nutritional Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>250 mL (1 cup)</td>
<td>2 Vegetables and Fruit Food Guide Servings</td>
<td>Nutrition Facts</td>
</tr>
<tr>
<td>5 mL (1 tsp)</td>
<td>1 Heart and Alternative Food Guide Servings</td>
<td>Nutrition Facts</td>
</tr>
<tr>
<td>75 g (3 oz/250 mL) lean beef</td>
<td>2 Meat and Alternatives Food Guide Servings</td>
<td>Nutrition Facts</td>
</tr>
<tr>
<td>250 mL (1 cup)</td>
<td>1 Milk and Alternative Food Guide Servings</td>
<td>Nutrition Facts</td>
</tr>
<tr>
<td>1 apple</td>
<td>1 Vegetables and Fruit Food Guide Servings</td>
<td>Nutrition Facts</td>
</tr>
</tbody>
</table>

---

**Women of childbearing age**

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin supplement containing folic acid every day.

Pregnant women need to ensure that their multivitamin also contains iron. A health care professional can help guide the multivitamin they should take for you.

Pregnant and breastfeeding women need iron because their iron needs increase.

<table>
<thead>
<tr>
<th>Meal Time</th>
<th>Food Guide Serving</th>
<th>Nutritional Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>250 mL (1 cup)</td>
<td>2 Vegetables and Fruit Food Guide Servings</td>
<td>Nutrition Facts</td>
</tr>
<tr>
<td>5 mL (1 tsp)</td>
<td>1 Heart and Alternative Food Guide Servings</td>
<td>Nutrition Facts</td>
</tr>
<tr>
<td>75 g (3 oz/250 mL) lean beef</td>
<td>2 Meat and Alternatives Food Guide Servings</td>
<td>Nutrition Facts</td>
</tr>
<tr>
<td>250 mL (1 cup)</td>
<td>1 Milk and Alternative Food Guide Servings</td>
<td>Nutrition Facts</td>
</tr>
<tr>
<td>1 apple</td>
<td>1 Vegetables and Fruit Food Guide Servings</td>
<td>Nutrition Facts</td>
</tr>
</tbody>
</table>