



CANADA'S

# Food Guide

TO HEALTHY EATING  
FOR PEOPLE FOUR YEARS  
AND OVER

Enjoy a variety  
of foods from each  
group every day.

Choose lower-  
fat foods  
more often.



## Grain Products

Choose whole grain  
and enriched  
products more often.

## Vegetables and Fruit

Choose dark green and  
orange vegetables and  
orange fruit more often.

## Milk Products

Choose lower-fat milk  
products more often.

## Meat and Alternatives

Choose leaner meats,  
poultry and fish, as well  
as dried peas, beans  
and lentils more often.



**Grain Products**  
**5 – 12**  
SERVINGS PER DAY

**1 Serving**

- 1 Slice
- Cold Cereal 30 g
- Hot Cereal 175 mL 3/4 cup

**2 Servings**

- 1 Bagel, Pita or Bun
- Pasta or Rice 250 mL 1 cup

**Vegetables and Fruit**  
**5 – 10**  
SERVINGS PER DAY

**1 Serving**

- 1 Medium Size Vegetable or Fruit
- Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup
- Salad 250 mL 1 cup
- Juice 125 mL 1/2 cup

**Milk Products**  
**SERVINGS PER DAY**  
Children 4–9 years: 2–3  
Youth 10–16 years: 3–4  
Adults: 2–4  
Pregnant and Breast-feeding Women 3–4

**1 Serving**

- Milk 250 mL 1 cup
- Cheese 3"x1"x1" 50 g
- 2 Slices 50 g
- Yogurt 175 g 3/4 cup

**Other Foods**

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.

**Meat and Alternatives**  
**2 – 3**  
SERVINGS PER DAY

**1 Serving**

- Meat, Poultry or Fish 50-100 g
- Fish 1/3-2/3 Can 50-100 g
- Beans 125-250 mL
- 1-2 Eggs
- TOFU 100 g 1/3 cup
- Peanut Butter 30 mL 2 tbsp

## Different People Need Different Amounts of Food

The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.



Consult *Canada's Physical Activity Guide to Healthy Active Living* to help you build physical activity into your daily life.

Enjoy eating well, being active and feeling good about yourself. That's **VITALIT<sup>®</sup>**