

Recommended Number of Canada's Food Guide Servings per Day:

Use the chart below to see how many servings you need from each of the four food groups each day.



Age	Children			Teens	
	2-3	4-8	9-13	14-18	
Gender	Girls and Boys			Females	Males
Vegetables and Fruit (1 medium-sized fruit or vegetable, 125 ml juice, 125 ml fresh, frozen or canned vegetables or fruit, 250 ml raw leafy vegetables)	4	5	6	7	8
Grain Products (1 slice of bread, ½ bagel, 125 ml rice, 30 g cold cereal)	3	4	6	6	7
Milk and Alternatives (250 ml milk or fortified soy beverage, 175 g yogurt, 50 g cheese)	2	2	3-4	3-4	3-4
Meat and Alternatives (75 g meat, 150 g tofu, 2 eggs, 30 ml peanut or nut butter, 175 ml cooked legumes)	1	1	1-2	2	3

Make each serving count...

- 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.
- Make at least half of your grain products whole grain each day.
- Choose grain products that are lower in fat, sugar or salt.
- Drink skim, 1% or 2% milk each day.
- Select lower fat milk alternatives.
- Have meat alternatives such as bean, lentils and tofu often.
- Eat at least two servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.

For more information visit:

Eating Well with Canada's Food Guide: www.healthcanada.gc.ca/foodguide
 Manitoba Healthy Living, Youth and Seniors:
www.manitoba.ca/healthyliving/nutrition.html
 Dietitians of Canada: www.dietitians.ca

Source: Eating Well with Canada's Food Guide, Health Canada, 2007.



