

## Recommended Number of Food Guide Servings per Day

Age/sex	Children			Teen		Adult		
	2-3	4-5	6-11	12-19	20-30	31-50	51+	65+
	Sex	Girls and Boys	Female	Male	Female	Male	Female	Male

**Vegetables and Fruit** 4 5 6 7 8 7-8 8-10 7 7

**Grain Products** 3 4 6 6 7 6-7 8 6 7

**Milk and Alternatives** 2 2 3-4 3-4 3-4 2 2 3 3

**Meat and Alternatives** 1 1 1-2 2 3 2 3 2 3

## What is One Food Guide Serving?

Look at the examples below.



**Fresh, frozen or canned vegetables**  
1/2 cup (1/2 cup)



**Leafy vegetables**  
Cooked: 1/2 cup (1/2 cup)  
Raw: 1 cup (1 cup)



**Fresh, frozen or canned fruits**  
1 fruit or 1/2 cup (1/2 cup)



**100% Juice**  
1/2 cup (1/2 cup)



**Bread**  
1 slice (1 slice)



**Bagel**  
1 bagel (1 bagel)



**Flat breads**  
1 pita or 1 tortilla (1/2 cup)



**Cooked rice, bulgur or quinoa**  
1/2 cup (1/2 cup)



**Cereal**  
Cook: 3/4 cup (3/4 cup)  
Hot: 1 1/4 cup (1 1/4 cup)



**Cooked pasta or noodles**  
1/2 cup (1/2 cup)



**Milk or powdered milk (reconstituted)**  
1 cup (1 cup)



**Condensed milk (unsweetened)**  
1/2 cup (1/2 cup)



**Fortified soy beverage**  
1 cup (1 cup)



**Yogurt**  
1/2 cup (1/2 cup)



**Tofu**  
1/2 cup (1/2 cup)



**Cheese**  
1/2 cup (1/2 cup)



**Cooked fish, shellfish, poultry, lean meat**  
1/2 cup (1/2 cup)



**Cooked legumes**  
1/2 cup (1/2 cup)



**Tofu**  
1/2 cup (1/2 cup)



**Eggs**  
2 eggs



**Peanut or nut butter**  
2 Tbsp (2 Tbsp)



**Roasted nuts and seeds**  
1/2 cup (1/2 cup)

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

# Canadian Food Guide For Kids

**Barbara Pimento, Deborah Kernersted**

## **Canadian Food Guide For Kids:**

*Potter and Perry's Canadian Fundamentals of Nursing - E-Book* Barbara J. Astle, Wendy Duggleby, Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, 2023-02-15 Get the solid foundation you need to practise nursing in Canada Potter Perry s Canadian Fundamentals of Nursing 7th Edition covers the nursing concepts knowledge research and skills that are essential to professional nursing practice in Canada The text s full colour easy to use approach addresses the entire scope of nursing care reflecting Canadian standards culture and the latest in evidence informed care New to this edition are real life case studies and a new chapter on practical nursing in Canada Based on Potter Perry s respected Fundamentals text and adapted and edited by a team of Canadian nursing experts led by Barbara J Astle and Wendy Duggleby this book ensures that you understand Canada s health care system and health care issues as well as national nursing practice guidelines More than 50 nursing skills are presented in a clear two column format that includes steps and rationales to help you learn how and why each skill is performed The five step nursing process provides a consistent framework for care and is demonstrated in more than 20 care plans Nursing care plans help you understand the relationship between assessment findings and nursing diagnoses the identification of goals and outcomes the selection of interventions and the process for evaluating care Planning sections help nurses plan and prioritize care by emphasizing Goals and Outcomes Setting Priorities and Teamwork and Collaboration More than 20 concept maps show care planning for clients with multiple nursing diagnoses UNIQUE Critical Thinking Model in each clinical chapter shows you how to apply the nursing process and critical thinking to provide the best care for patients UNIQUE Critical Thinking Exercises help you to apply essential content Coverage of interprofessional collaboration includes a focus on patient centered care Indigenous peoples health referencing the Truth and Reconciliation Commission TRC Report the CNA Code of Ethics and Medical Assistance in Dying MAID legislation Evidence Informed Practice boxes provide examples of recent state of the science guidelines for nursing practice Research Highlight boxes provide abstracts of current nursing research studies and explain the implications for daily practice Patient Teaching boxes highlight what and how to teach patients and how to evaluate learning Learning objectives key concepts and key terms in each chapter summarize important content for more efficient review and study Online glossary provides quick access to definitions for all key terms [Canadian Maternity and Pediatric Nursing](#) Jessica Webster, Caroline Sanders, Susan Ricci, Theresa Kyle, Susan Carmen, 2019-08-14 Canadian Maternity and Pediatric Nursing prepares your students for safe and effective maternity and pediatric nursing practice The content provides the student with essential information to care for women and their families to assist them to make the right choices safely intelligently and with confidence **Maternal Child Nursing Care in Canada - E-Book** Lisa Keenan-Lindsay, Cheryl Sams, Constance L. O'Connor, Shannon E. Perry, Marilyn J. Hockenberry, Deitra Leonard Lowdermilk, David Wilson, 2016-10-11 Featuring the most accurate current and clinically relevant information available Maternal Child Nursing Care in Canada 2nd Edition combines essential maternity

and pediatric nursing information in one text The promotion of wellness and the care for women experiencing common health concerns throughout the lifespan care in childbearing as well as the health care of children and child development in the context of the family Health problems including physiological dysfunctions and children with special needs and illnesses are also featured This text provides a family centred care approach that recognizes the importance of collaboration with families when providing care Atraumatic Care boxes in the pediatric unit teach you how to provide competent and effective care to pediatric patients with the least amount of physical or psychological stress Nursing Alerts point students to critical information that must be considered in providing care Community Focus boxes emphasize community issues supply resources and guidance and illustrate nursing care in a variety of settings Critical thinking case studies offer opportunities to test and develop analytical skills and apply knowledge in various settings Emergency boxes guide you through step by step emergency procedures Family Centred Teaching boxes highlight the needs or concerns of families that you should consider to provide family centred care NEW Content updates throughout the text give you the latest information on topics such as perinatal standards mental health issues during pregnancy developmental and neurological issues in pediatrics new guidelines including SOGC and CAPWHN NEW Increased coverage on health care in the LGBTQ community and First Nations Metis and Inuit population NEW Medication Alerts stress medication safety concerns for better therapeutic management NEW Safety Alerts highlighted and integrated within the content draw attention to developing competencies related to safe nursing practice

**Pierre & Janet Berton's Canadian Food Guide** Pierre Berton, Janet Berton, 1974 A tour of our national eating styles from pioneer grub to the specialties of today [Journal of the Canadian Dietetic Association](#), 1997

**Food Policy Environments: Discursive Effects, Material Consequences** Myriam Durocher, Caitlin M. Scott, Irena Knezevic, 2022-07-26

**Healthy Foundations in Child Care** Barbara Pimento, Deborah Kernsted, 2000 This new second edition provides a Canadian perspective and balanced coverage of the principles of essential health policies and practices The reader is encouraged to see connections between the two and develop skills to apply them to specific childcare situations The authors promote the importance of respecting and partnering with both families and other professionals to promote health within childcare programs and beyond Cutting edge topics statistics and information in a Canadian context make this a groundbreaking book and an ideal core text *Raising Happy, Healthy, Weight-wise Kids* Judy Toews, Nicole Parton, 2001 Provides help to guide kids toward a healthy body weight and a positive body image from infancy through the turbulent teens

**Growing with Your Child** Christine Anne Langlois, 1998 A Canadian Living Family Book

**Applied Physiology, Nutrition, and Metabolism**, 2007 *Recipes for Success* Anna Maria Kirbyson, 2006 Recipes for Success is a review and celebration of the unfolding story of the food security movement in Canada Food banks and the growth in food security initiatives are a community based response to a growing food crisis in our country This book is a place to take stock of the breadth and depth of food security activity in Canada and to recognize the role we all play in responding to social

needs     **Rethinking Canada** Veronica Jane Strong-Boag, Mona Gleason, Adele Perry, 2006 This now standard text examines key developments in Canadian history from the founding of New France to the present while highlighting the distinctive texture of women's experiences and identities Of the 24 articles 16 are new Topics now include widows and orphans in 18th century Quebec women and slavery in early Canada aboriginal non aboriginal marriage in colonial Canada housewives in the Great Depression wartime narratives of Japanese Canadian women lesbian bar cultures in the 1950s and 60s and feminist discourse after the 9 11 attacks     *Canadian Books in Print* ,1999     *Canadian Book Review Annual* ,1997     *Cahiers de la Femme* ,2000     *Cajanus* ,1991     **Connected Newsletter** ,2004     **Services Pour Enfants** Communication Canada,2003 The topics in the guide are intended to cover the main concerns of parents and other caregivers as well as the basic needs of children Web site addresses to access these services and obtain copies of publications are provided with each listing     **Get a Healthy Weight for Your Child** Brian W. McCrindle, James Gordon Wengle, 2005 One in seven American children is either overweight or obese More than 10 million American children are overweight or obese and the numbers are growing Kids are consuming too many calories eating too much fast food and not getting enough exercise Such oversized kids are at risk for the early onset of adult diseases such as diabetes hypertension high cholesterol and even strokes Get a Healthy Weight for Your Child is designed to help parents prevent and treat childhood obesity using the best medical and scientific methods rather than potentially dangerous fad diets and exercise routines This book will help parents to Recognize if their child is overweight Realize the medical consequences of being overweight Understand the social behavioral and biological causes of being overweight Improve both their child's and family's eating habits nutrition and overall physical fitness The book features practical treatment and prevention with hands on exercises and informative charts for The stages of diagnosing overweight problems Treatment options Parental support and encouragement A step by step recovery map Helpful suggestions for family members teachers coaches and friends     **Quill & Quire** ,2008

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