

PART 3 :

THE CANADIAN FOOD GUIDE...

Recommended Number of Food Guide Servings per Day

Age/Year Sex	Children 1-13		Teens 14-19		Adults 20-49		50+	
	1-13	14-19	14-19	20-49	20-49	50+	50+	
Vegetables and Fruit	4-5	5-6	7-8	8-10	7-8	8-10	7-8	7-8
Grain Products	3-4	4-5	6-7	6-7	6-7	6-7	6-7	6-7
Milk and Alternatives	2	2-3	3-4	3-4	2-3	2-3	2-3	2-3
Meat and Alternatives	1-2	2-3	2-3	2-3	2-3	2-3	2-3	2-3

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

What is One Food Guide Serving?

Look at the examples below.

 <p>Fresh, frozen or canned vegetables 175 ml (3/4 cup)</p>	 <p>Leafy vegetables Cooked 125 ml (1/2 cup) Raw 200 ml (3/4 cup)</p>	 <p>Fresh, frozen or canned fruits 1 fruit or 125 ml (1/2 cup)</p>	 <p>100% Juice 125 ml (1/2 cup)</p>		
 <p>Bread 1 slice (25 g)</p>	 <p>Rogal 1 (30 g)</p>	 <p>Flat breads 1 slice or 1/2 tortilla (25 g)</p>	 <p>Cooked rice, bulgur or quinoa 125 ml (1/2 cup)</p>	 <p>Cereal Cooked 125 ml (1/2 cup) Dry 175 ml (3/4 cup)</p>	 <p>Cooked pasta or noodles 125 ml (1/2 cup)</p>
 <p>Milk or powdered milk (non-fat) 250 ml (1 cup)</p>	 <p>Canned milk (non-fat) 125 ml (1/2 cup)</p>	 <p>Fortified soy beverage 250 ml (1 cup)</p>	 <p>Yogurt 175 g (3/4 cup)</p>	 <p>Milkshake 175 g (3/4 cup)</p>	 <p>Cheese 30 g (1 oz)</p>
 <p>Cooked fish, poultry, lean meat 75 g (3 oz)</p>	 <p>Cooked legumes 175 ml (1/2 cup)</p>	 <p>Egg 1 (50 g)</p>	 <p>Egg white 1 (30 g)</p>	 <p>Peanut or seed butter 25 ml (1 Tbsp)</p>	 <p>Dried nuts and seeds 25 ml (1 Tbsp)</p>

Canadian Food Guide Picture

Marco Casella



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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 **Canadian Food Bulletin** ,1917 *Catalog* Food and Nutrition Information Center (U.S.),1974 [Fitness and Wellness in Canada](#) Sarah J. Woodruff Atkinson, Carol Kennedy Armbruster, Ellen M. Evans, 2020 Developed specifically for the Canadian audience and written for first year undergraduate students taking a general education fitness and wellness course *Fitness and Wellness in Canada A Way of Life* uses an engaging learning environment to provide students with the tools they need to become fit and well for life In addition to providing students with an overview of the health related components of fitness *Fitness and Wellness in Canada A Way of Life* teaches students how to embrace healthy eating and enjoy being physically active Students learn how to establish fitness and wellness goals for now and throughout their lives They learn how to manage stress reduce the risk of metabolic syndrome and cancer remain free from addiction and develop a healthy sexuality [Catalog. Supplement - Food and Nutrition Information and Educational Materials Center](#) Food and Nutrition Information and Educational Materials Center (U.S.), [Ontario Library Review and Book Selection Guide](#) ,1922 [Canadian Books in Print](#) ,1983 [Journal of the Canadian Dietetic Association](#) ,1993 **Pictures of ... "Pall Mall Magazine" Extra ...** ,1891 [The World Book Encyclopedia: Research Guide - Index](#) World Book, Inc, 2007 An encyclopedia designed especially to meet the needs of elementary junior high and senior high school students **Canadian Medical Association Journal** Canadian Medical Association, 1927 *Canadian Poultry Review* ,1926 **Scientific Canadian Mechanics' Magazine and Patent Office Record** Canada. Patent Office, 1929 **Understanding Nutrition Im E9** Eleanor Noss Whitney, 2001-09 **The Canadian Patent Office Record and Register of Copyrights and Trade Marks** ,1929 **Canadiana** ,1989-05 *Quill & Quire* ,2000 [School Milk in Canada](#) L. E. Drayton, Canada. Department of Agriculture. Economics Division, 1961 [National Union Catalog](#) ,1953 *Canadian Selection* Alvan Bregman, Ontario. Ministry of Citizenship and Culture, University of Toronto. Centre for Research in Librarianship, 1985

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Table of Contents Canadian Food Guide Picture

1. Understanding the eBook Canadian Food Guide Picture
 - The Rise of Digital Reading Canadian Food Guide Picture
 - Advantages of eBooks Over Traditional Books
2. Identifying Canadian Food Guide Picture
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Canadian Food Guide Picture
 - User-Friendly Interface
4. Exploring eBook Recommendations from Canadian Food Guide Picture
 - Personalized Recommendations
 - Canadian Food Guide Picture User Reviews and Ratings
 - Canadian Food Guide Picture and Bestseller Lists
5. Accessing Canadian Food Guide Picture Free and Paid eBooks
 - Canadian Food Guide Picture Public Domain eBooks
 - Canadian Food Guide Picture eBook Subscription Services

- Canadian Food Guide Picture Budget-Friendly Options
- 6. Navigating Canadian Food Guide Picture eBook Formats
 - ePub, PDF, MOBI, and More
 - Canadian Food Guide Picture Compatibility with Devices
 - Canadian Food Guide Picture Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Canadian Food Guide Picture
 - Highlighting and Note-Taking Canadian Food Guide Picture
 - Interactive Elements Canadian Food Guide Picture
- 8. Staying Engaged with Canadian Food Guide Picture
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Canadian Food Guide Picture
- 9. Balancing eBooks and Physical Books Canadian Food Guide Picture
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Canadian Food Guide Picture
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Canadian Food Guide Picture
 - Setting Reading Goals Canadian Food Guide Picture
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Canadian Food Guide Picture
 - Fact-Checking eBook Content of Canadian Food Guide Picture
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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