



My Food Guide Servings Tracker

NAME: _____

DATE: _____

Food Guide Servings per day

BREASTFEEDING FEMALE AGED 19-50



7-8

Vegetables and Fruit

1 Food Guide Serving =

125 mL (1/2 cup) fresh, frozen or canned vegetable or fruit or 100% juice or 250 mL (1 cup) leafy raw vegetables or salad or 1 piece of fruit



6-7

Grain Products

1 Food Guide Serving =

1 slice (35 g) of bread or 1/2 pita or tortilla (35 g) or 125 mL (1/2 cup) cooked rice, pasta or couscous or 30 g cold cereal or 175 mL (3/4 cup) hot cereal



2

Milk and Alternatives

1 Food Guide Serving =

250 mL (1 cup) milk or fortified soy beverage or 175 g (3/4 cup) yogurt or 50 g (1 1/2 oz) cheese



2

Meat and Alternatives

1 Food Guide Serving =

75 g (2 1/2 oz)/125 mL (1/2 cup) cooked fish, shellfish, poultry or lean meat or 175 mL (3/4 cup) cooked legumes or tofu or 60 mL (1/4 cup) shelled nuts and seeds



2-3

Include an extra 2 to 3 Food Guide Servings from any of the four food groups each day.

Oils and Fats

30 to 45 mL (2 to 3 Tbsp) each day

Include a small amount of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

- Include a multivitamin containing folic acid every day.
- 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 beans, lentils and tofu often.
- Eat at least two Food Guide Servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.
- Satisfy your thirst with water.
- Limit foods and beverages high in calories, fat, sugar or salt.
- Be active every day for 30 to 60 minutes.



For more information and to order copies of Canada's Food Guide visit Canada's Food Guide on line.







www.healthcanada.gc.ca/foodguide

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FOOD INTAKE RECORD

NAME: _____

DATE: _____

	MEAL	VEGETABLES AND FRUIT	GRAIN PRODUCTS	MILK AND ALTERNATIVES	MEAT AND ALTERNATIVES	OILS AND FATS	FOODS TO LIMIT
							Limit foods and beverages high in calories, fat, sugar or salt.
BREAKFAST	=						
LUNCH	=						
DINNER	=						
SNACKS	=						
TOTAL NUMBER OF FOOD GUIDE SERVINGS	=						