Oils and Fats
• Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
• Use vegetable oils such as canola, olive and soybean.
• Choose soft margarines that are low in saturated and trans fats.
• Limit butter, hard margarine, lard and shortening.

Enjoy a variety of foods from the four food groups.

What is One Food Guide Serving? Look at the examples below.

Recommended Number of Food Guide Servings per Day

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Children</th>
<th>Teens</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>4-6</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>7-8</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>8-10</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10-12</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>12-14</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>14-18</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>19-50</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>51+</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
</tbody>
</table>

Make each Food Guide Serving count… wherever you are – at home, at school, at work or when eating out!

• Eat at least one dark green and one orange vegetable each day.
  • Eat dark green vegetables such as broccoli, romaine lettuce and spinach.
  • Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
  • Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
• Have vegetables and fruit more often than juice.

• Make at least half of your grain products whole grain each day.
  • Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
  • Enjoy whole grain breads, oatmeal or whole wheat pasta.
• Choose grain products that are lower in fat, sugar or salt.
  • Compare the Nutrition Facts table on labels to make wise choices.
  • Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

• Drink skim, 1%, or 2% milk each day.
  • Have 500 mL (2 cups) of milk every day for adequate vitamin D.
  • Drink fortified soy beverages if you do not drink milk.
• Select lower fat milk alternatives.
  • Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

• Make at least half of your grain products whole grain each day.
• Have meat alternatives such as beans, lentils and tofu often.
  • Choose meat alternatives such as beans, lentils and tofu often.
  • Eat at least two Food Guide Servings of fish each week.*
    • Choose fish such as char, herring, mackerel, salmon, sardines and trout.
  • Select lean meat and alternatives prepared with little or no added fat or salt.
    • Trim the visible fat from meats. Remove the skin on poultry.
    • Use cooking methods such as roasting, baking or poaching that require little or no added fat.
    • If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.
• Have meat alternatives such as beans, lentils and tofu often.
  • Choose meat alternatives such as beans, lentils and tofu often.

• Oils and Fats
  • Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
  • Use vegetable oils such as canola, olive and soybean.
  • Choose soft margarines that are low in saturated and trans fats.
  • Limit butter, hard margarine, lard and shortening.

Make at least half of your grain products whole grain each day.

• Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
• Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
• Have vegetables and fruit more often than juice.

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

Having the amount and type of food recommended and following the tips in Canada’s Food Guide will help:
• Meet your needs for vitamins, minerals and other nutrients.
• Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
• Contribute to your overall health and vitality.

G-Fuel” provides an energy boost when needed.

Enjoy a variety of foods from the four food groups.

Satisfy your thirst with water!

Drink water regularly. It’s a calorie-free way to quench your thirst. Drink more water in hot weather or when you are active.

* Health Canada provides advice for limiting exposure to mercury in some types of fish. Refer to www.healthcanada.gc.ca for the latest information.
Eat well and be active today and every day!

The benefits of eating well and being active include:
- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

Be active
To be active every day is to play towards better health and a healthy body weight.

Canada’s Physical Activity Guide recommends building 150 to 300 minutes of moderate physical activity into daily life for adults and about 60 minutes a day for children and youth. You don’t have to do it all at once. Add up periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

Start slowly and build up.

How do I count Food Guide Servings in a meal?

Here is an example:

<table>
<thead>
<tr>
<th>Food Guide Serving</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert</td>
<td>250 mL (1 cup) mixed broccoli, carrot and sweet red pepper = 2</td>
<td>10 µg (400 IU).</td>
</tr>
<tr>
<td></td>
<td>250 mL (1 cup) 1% milk = 1</td>
<td>10 µg (400 IU).</td>
</tr>
<tr>
<td></td>
<td>5 mL (1 tsp) water = 0</td>
<td>10 µg (400 IU).</td>
</tr>
<tr>
<td></td>
<td>1 apple = 1</td>
<td>10 µg (400 IU).</td>
</tr>
</tbody>
</table>

Examples:
- 250 mL (1 cup) mixed broccoli, carrot and sweet red pepper = 2
- 250 mL (1 cup) 1% milk = 1
- 5 mL (1 tsp) water = 0
- 1 apple = 1

Read the label
- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food consumed in a serving. For the amount of food consumed in a meal, cross-check nutrition information to choose foods lower in calories, fat, sugar or salt (sodium).
- Pay close attention to the Nutrition Facts table. When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in calories, fat, sugar or salt (sodium).

Limit trans fat
When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

For more information, interactive tools, or additional copies visit Canada’s Food Guide on-line at: www.canada.ca/foodguide

Take a step today…
- Have a healthy breakfast every day. It may help control your hunger later in the day.
- Multitask during breaks — get off the bus early, use the stairs.
- Benefit from eating a variety of fruits and vegetables every day.
- Spend less time being inactive such as watching TV or playing computer games.
- Request nutrition information about menu items when eating out to help you make healthier choices.
- Enjoy eating with family and friends.
- Take time to eat and savor every bite!

How many servings of each food group do I need each day?

Answers depend on whether a person is or is not pregnant or breastfeeding, age, and activity level.

For more information about the Canada’s Food Guide, please visit www.healthcanada.gc.ca/foodguide

You can also contact Health Canada:

TTY: (613) 941-5366
Fax: 1-866-225-0709
Tel: (613) 941-5365
E-Mail: publications@hc-sc.gc.ca
Tools, or additional copies visit www.healthcanada.gc.ca/foodguide

Canada’s Food Guide is available in print, on-line, audio and braille.

This publication can be made available on request in Alternate, large print, audio, cassette and Braille.

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Canadians, you are encouraged to take steps towards being physically active every day. This is important for your health and well-being.