

Summary of Guidelines that are found in Canada's Food Guide

For more detailed information about the CFG go to www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Food Group	Guidelines	*Good source of:	**Recommended servings per day	Serving size
Vegetable and Fruits	Eat at least one dark green and one orange vegetable each day	Carbohydrates Fibre Vitamin A and C Folic acid Iron	7 - 10	1 medium sized fruit (size of a tennis ball) ½ cup cooked vegetables 1 cup raw vegetables ½ cup of juice
Grain Products	At least half of your grain products should be whole grains.	Carbohydrates Fibre Protein B vitamins 1,2 &3 Iron Folic acid	6 - 8	30 grams of cereal 1 slice (35 g) bread ½ cup of rice, pasta or other whole grain
Milk and Alternatives	Drink 500 ml of milk or fortified soy beverage each day for adequate vitamin D.	Protein Carbohydrates Fat Calcium Vitamin D, B12, A Riboflavin (B2)	2 - 3	1 cup of milk or fortified soy beverage 175 g yogurt 50 g cheese
Meat and alternatives	Eat 2 servings of fish each week. Have meat alternatives (beans, lentils and tofu) more often.	Protein Fat Carbohydrates (from legumes) Zinc, iron, folic acid B vitamins 1, 2, 3&12	2 - 3	75 g of meat, poultry or fish ½ cup canned fish 2 eggs ¾ cup legumes or tofu

* If you do not meet the minimum number of recommended servings for a particular food group, you are at an increased risk of being deficient in one or more of these nutrients.

** Some athletes require more than the recommended daily servings. Endurance athletes may need to consume greater amounts of Grain Products depending on their body composition and goals.