

MALE --> 14-18 yrs.

NAME: _____

My Balanced Plate

WHAT DID I EAT THIS WEEK?

MONDAY (check ✓)

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■	■	■	■	■	■	■	■
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TUESDAY (check ✓)

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WEDNESDAY (check ✓)

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THURSDAY (check ✓)

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FRIDAY (check ✓)

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SATURDAY (check ✓)

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SUNDAY (check ✓)

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VEGETABLES & FRUIT GRAIN PRODUCTS MILK & ALTERNATIVES MEAT & ALTERNATIVES

SAMPLE SERVING SIZES

HEALTHY SNACK OPTIONS

Vegetables & Fruit (8)

Example Serving Size:

- 125 mL (½ cup) fresh/frozen/canned vegetable or fruit
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit



1 tennis ball = 1/2 cup of fruit or vegetables

Grain Products (7)

Example Serving Size:

- 1 slice of (35 g) bread or ½ bagel (45 g)
- ½ pita (35 g) or ½ tortilla (35 g)
- 125 mL (½ cup) cooked rice or pasta



1 fist or cupped hand = 1 cup

Milk & Alternatives (3-4)

Example Serving Size:

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g (¾ cup) yogurt
- 50 g (1 ½ oz.) cheese



1 thumb = 1oz. of cheese

Meat & Alternatives (3)

Example Serving Size:

- 75 g (2 ½ oz.) cooked fish, shellfish, poultry or lean meat
- 2 eggs
- 30 mL (2 tbsp.) peanut butter



Palm = 3oz. of meat

fruit

milk

vegetables

protein

grain

- cucumber & tzatziki dip
- fresh fruit & cheese
- veggie sticks (add hummus or a yogurt dip)



- homemade muffin



- whole wheat tortilla with canned refried beans or black beans, salsa and shredded cheese

- cheese & crackers



- bagel with cream cheese

- low fat yogurt with fresh or frozen berries

- fruit smoothie made with yogurt



- trail mix (made with whole grain cereals, dried fruits, nuts & seeds)

- toast with peanut butter (or wow butter)

- apple with peanut butter (or wow butter)



Satisfy your thirst with water!

Drink more water in hot weather or when you are very active.

www.healthunit.com/canadas-food-guide

Physical Activity Guidelines

60 minutes per day, every day. [check ✓] Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

Sedentary Guidelines

No more than 2 hours screen time (hand held device, computer, television) per day.

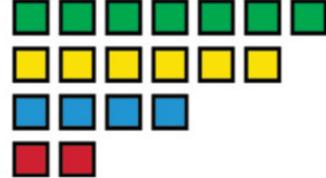
FEMALE --> 14-18 yrs.

NAME: _____

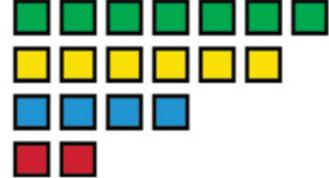
My Balanced Plate

WHAT DID I EAT THIS WEEK?

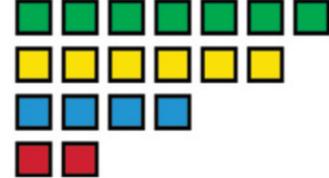
MONDAY (check ✓)



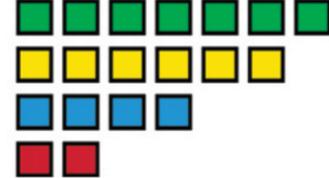
TUESDAY (check ✓)



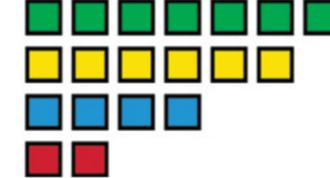
WEDNESDAY (check ✓)



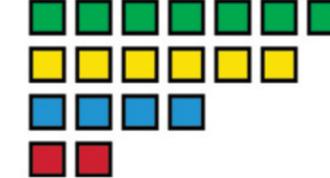
THURSDAY (check ✓)



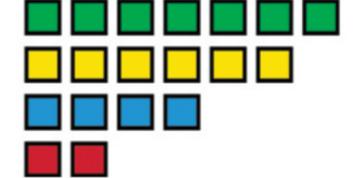
FRIDAY (check ✓)



SATURDAY (check ✓)



SUNDAY (check ✓)



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HEALTHY SNACK OPTIONS

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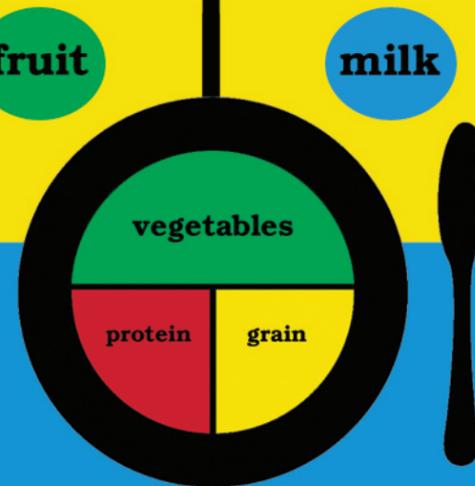
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