
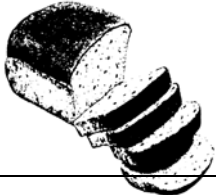

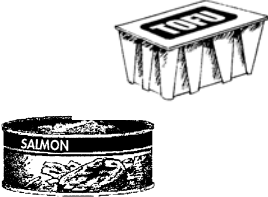


Nutrition Facts

Canada's Food Guide to Healthy Eating Serving Sizes

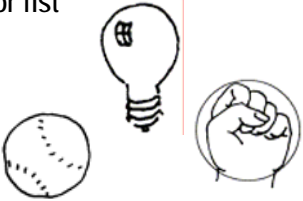
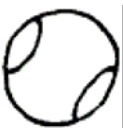

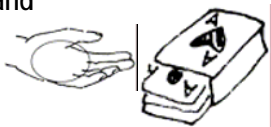


Following *Eating Well With Canada's Food Guide* allows you to meet your needs for vitamins, minerals and other nutrients and contribute to your overall health and vitality. Below is a chart that provides examples of serving sizes from each of the four food groups.

FOOD GROUP	Examples of 1 serving
<p>Vegetables and Fruit</p> <p>Refer to the food guide to determine the recommended number of servings per day based on age and gender</p>	<ul style="list-style-type: none"> • 1 medium-size vegetable or fruit • 125 mL (1/2 cup) fresh, frozen, canned vegetables • 125 mL (1/2 cup) juice • 250 mL (1 cup) salad greens 
<p>Grain Products</p> <p>Refer to the food guide to determine the recommended number of servings per day based on age and gender.</p>	<ul style="list-style-type: none"> • 1 slice of bread • 30 g cold cereal or 175 mL (3/4 cup) hot cereal • 1/2 bagel, pita or bun • 125 mL (1/2 cup) cooked pasta or rice 
<p>Milk and Alternatives</p> <p>Amounts per day:</p> <ul style="list-style-type: none"> • toddlers 2-3 yrs: 2 servings • children 4-8yrs: 2 servings • youth 9-18 yrs: 3-4 servings • adults 19-50 yrs: 2 servings • adults 50+: 3 servings • pregnant & breastfeeding women: 3servings 	<ul style="list-style-type: none"> • 250 mL (1 cup) milk • 50 g brick cheese or 2 slices processed cheese • 175 mL (3/4 cup) yogurt • 250 mL (1 cup) fortified soy beverage 
<p>Meat and Alternatives</p> <p>Refer to the food guide to determine the recommended number of servings per day based on age and gender</p>	<ul style="list-style-type: none"> • 75 g (2 1/2 oz.) 125 mL or 1/2 cup • meat, poultry, fish • 150 g (3/4 cup) tofu • 30 mL (2 tsp.) peanut butter • 175 mL (3/4-cup) legumes • 2 eggs 

How much is one Food Guide Serving?

Using Canada's Food Guide means understanding serving sizes and using this information to make wise food choices. Some serving sizes are easy, such as 1/2 bagel, 1 medium-size fruit or 2 eggs. Others are more difficult to figure out. You don't have to weigh your food. Simple items at home can be used as a reference to figure out what a serving size looks like. Use the chart below to reference sample serving sizes from Canada's Food.

What is a Serving Size?

Item	Quantity Represented	Foods	Food Groups
Baseball, light bulb or fist 	1 cup (250 mL)	cold cereal	1 serving of Grain Products
		salad	1 serving of Vegetables and Fruit
		fruit, 1 medium	Vegetables and Fruit
		milk	Milk and Alternatives
Tennis ball 	¾ cup (175 mL)	hot cereal	Grain Products
		yogurt	Milk and Alternatives
		beans or lentils	Meat and Alternatives
Computer mouse 	½ cup (125 mL)	vegetables, cooked	1 serving of Vegetables and Fruit
		tomato sauce	Vegetables and Fruit
		potato, 1 medium	Vegetables and Fruit
		pasta and rice	Grain Products
Deck of cards or palm of hand 	2½ oz (75 g)	meat, chicken or fish	1 serving of Meat and Alternatives
Hockey puck 		bagel, small	2 servings of Grain Products
		bun, hamburger or hotdog	2 servings of Grain Products
Two 9 volt batteries or two thumbs 	1 ½ oz (50 g)	cheese	1 serving of Milk and Alternatives

Adapted from Capital Health Edmonton March 2008