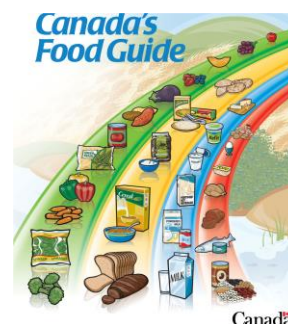


CANADA'S FOOD GUIDE

Canada's Food Guide promotes healthy eating for all Canadians over the age of 2 years. This Guide helps Canadians understand a healthy eating pattern in order to meet their nutrient needs and reduce their risk of obesity and chronic diseases. The Food Guide explains the amount of food people need as well as the type of food that is part of a healthy eating pattern. This pattern includes foods from the four food groups plus a small amount of added oils and fats.



Recommended Number of Food Guide Servings per Day

Food Group	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51 + Years	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The eating pattern also includes a small amount (30 to 45 mL or about 2 - 3 tablespoons) of unsaturated fat each day.

Grain products provide many nutrients—carbohydrate for energy, fibre, B-vitamins including thiamin, riboflavin, niacin and folate, and the minerals including iron, zinc, magnesium and potassium. Since different grains provide different amounts of these nutrients, a variety of grain products will give you the greatest nutritional benefit.