

Recommended Number of Food Guide Servings per Day

Age Group	Males			Teens			Adults		
	11-13	14-17	18-24	15-17	18-24	25-34	35-44	45-54	55+
Vegetables and Fruit	4	5	6	7	8	7-8	8-9	7-8	7
Grain Products	3	4	4	4	7	6-7	8	6-7	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	2	1
Protein and Alternatives	1	1	1-2	2	3	2	3	2	1

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

Vegetables and Fruit: 1 cup of vegetables or 1 cup of fruit

Grain Products: 1 slice of bread or 1/2 cup of cereal or 1/2 cup of pasta or 1/2 cup of rice

Milk and Alternatives: 1 cup of milk or 1/2 cup of yogurt or 1/2 cup of cheese or 1/2 cup of soy milk or 1/2 cup of soy yogurt or 1/2 cup of soy cheese

Protein and Alternatives: 1 cup of soup or 1/2 cup of beans or 1/2 cup of lentils or 1/2 cup of chickpeas or 1/2 cup of tofu or 1/2 cup of tempeh or 1/2 cup of seitan or 1/2 cup of meat or 1/2 cup of fish or 1/2 cup of eggs or 1/2 cup of nuts or 1/2 cup of seeds or 1/2 cup of oil

Make each Food Guide Serving count... wherever you eat - at home, at school, at work or when eating out!

- Eat a variety of food groups and use variety regularly each day.
 - Eat food from all four food groups every day.
 - Eat a variety of foods within each food group.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
 - Eat vegetables and fruit that are not fried.
- Have vegetables and fruit more often than grains.
- Make at least half of your grain products whole grain each day.
 - Eat whole grain products and use whole grain flour in your cooking.
 - Eat whole grain products and use whole grain flour in your cooking.
- Choose grain products that are lower in fat, sugar or salt.
 - Choose products that are low in fat, sugar or salt.
 - Eat products that are low in fat, sugar or salt.
- Drink about 1/2 or 2/3 with each day.
 - Eat about 1/2 or 2/3 with each day.
 - Eat about 1/2 or 2/3 with each day.
- Select foods for milk alternatives.
 - Select foods for milk alternatives.
 - Select foods for milk alternatives.
- Have food alternatives such as beans, lentils and tofu often.
 - Have food alternatives such as beans, lentils and tofu often.
 - Have food alternatives such as beans, lentils and tofu often.
- Eat at least two Food Guide servings of fat each week.
 - Eat at least two Food Guide servings of fat each week.
 - Eat at least two Food Guide servings of fat each week.
- Select low-fat and alternatives prepared with little or no added fat or salt.
 - Select low-fat and alternatives prepared with little or no added fat or salt.
 - Select low-fat and alternatives prepared with little or no added fat or salt.
- Eat about 1/2 or 2/3 with each day.
 - Eat about 1/2 or 2/3 with each day.
 - Eat about 1/2 or 2/3 with each day.

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

Knowing 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 1 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

Oil and Fat

Unsaturated sources - like oil or oil of fish - are essential to your life. The inclusion of healthy fats in your diet helps to keep your heart healthy and your skin healthy. The inclusion of healthy fats in your diet helps to keep your heart healthy and your skin healthy. The inclusion of healthy fats in your diet helps to keep your heart healthy and your skin healthy.

Eat a variety of foods from the four food groups.

Quench your thirst with water!

The Canadian Health Food Guide

**Bernadette P. Marriott, Diane F.
Birt, Virginia A. Stallings, Allison A.
Yates**



The Canadian Health Food Guide:

Edelman and Kudzma's Canadian Health Promotion Throughout the Life Span - E-Book Marian Luctkar-Flude, Jane Tyerman, Shannon Dames, 2025-02-27 Gain the knowledge and skills you need to promote health and prevent disease in Canada Edelman and Kudzma's *Canadian Health Promotion Throughout the Life Span* Second Edition describes public health concepts from a Canadian perspective helping you to improve community health and reduce health inequities within a diverse population Covering the needs of each age and stage of life this book discusses care of the individual family and community all based on the latest research and trends in Canadian health promotion New chapters address the timely topics of Indigenous health and 2SLGBTQI health Written by respected Canadian educators Marian Luctkar Flude Shannon Dames and Jane Tyerman this book is the only Canadian nursing health promotion text on the market **Canadian Family Practice Guidelines** Jill C. Cash, Cheryl A. Glass, Debbie Fraser, Lynn Corcoran, Margaret Edwards, 2019-08-15 Written specifically for the needs of family and adult nursing students medical students and primary care practitioners in Canada this gold standard reference of family practice in America named a 2013 Doody's core title and 1st place winner of the American Journal of Nursing book award in 2017 now provides current Canadian practice protocols for professional standards of care across the life span Guidelines are delivered in a user friendly step by step instructional style for physical exams and diagnostic testing results in SI units health maintenance recommendations approved by Health Canada care guidelines including Canadian drug names and dietary information information on culturally responsive care and patient resources specific to Canada Practice guidelines are organized primarily by body system and delivered in outline format for quick and easy access Each of more than 280 disorder protocols includes definition incidence prevalence pathogenesis predisposing factors common findings other signs and symptoms subjective data physical examination diagnostic tests differential diagnoses plan follow up consultation referral and individual considerations Also included are numerous Client Teaching Guides in PDF format for customization and downloading Abundant references are specific to the Canadian health care system Key Features Presents over 280 guidelines in consistent outline format Provides Canadian routine health maintenance guidelines vaccinations and screenings for HIV and HepC Covers individual care considerations for pediatric pregnant and geriatric patients Offers numerous Client Teaching Guides in digital format for clients to take home Elsevier's Comprehensive Review for the Canadian PN Examination - E-Book Karen Katsademas, Marianne Langille, 2024-01-18 Thoroughly prepare for tests exams and clinical placements with Elsevier's *Comprehensive Review for the Canadian PN Examination* 2nd Edition This is the only CPNRE and REx PN text with accompanying online practice material to provide an exhaustive content review and a wealth of practice questions to help you prepare for PN licensure anywhere in Canada Thoroughly updated this edition reflects all current Canadian Council for Practical Nurse Regulators National PN competencies including those specifically for Ontario and British Columbia It's a great way to test yourself on all exam

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[Handbook of Food Fortification and Health](#) Victor R. Preedy, Rajaventhana Srirajaskanthan, Vinood B. Patel, 2013-07-04 Handbook of Food Fortification and Health From Concepts to Public Health Applications Volume 1 represents a multidisciplinary approach to food fortification This book aims to disseminate important material pertaining to the fortification of foods from strategic initiatives to public health applications Optimal nutritional intake is an essential component of health and wellbeing Unfortunately situations arise on a local or national scale when nutrient supply or intake is deemed to be suboptimal As a consequence ill health occurs affecting individual organs or causing premature death In terms of public health malnutrition due to micronutrient deficiency can be quite profound imposing economic and social burdens on individuals and whole communities This comprehensive text examines the broad spectrum of food fortification in all its manifestations Coverage includes sections on definitions of fortifications fortified foods beverages and nutrients fortifications with micronutrients biofortification impact on individuals public health concepts and issues and selective methods and food chemistry Handbook

of Food Fortification and Health From Concepts to Public Health Applications Volume 1 is an indispensable text designed for nutritionists dietitians clinicians and health related professionals

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Canada's Food Guide Handbook Canada. Health Promotion Directorate, Canada. Health and Welfare Canada, 1985

Healthy eating and parenting messages to prevent obesity Lisa Bailey-Davis, Jennifer Savage, 2023-05-03

YUM Daina Kalnins, 2008-04-22 ages 9-12 Lots of kids are trying to get on the road to good nutrition or are being encouraged to do so Chances are they've received advice from teachers parents doctors and the media But how can they use those suggestions to create a plan of action that makes sense for them and their lifestyle It's time to get real leave most of the junk in the dust grab the next exit and let YUM Your Ultimate Manual for Good Nutrition move readers into the right lane This guide to healthy eating will help kids get food label literate and figure out how to choose the best foods every day They'll discover delicious recipes and healthy snack ideas from kids who already make nutrition part of their lives The author encourages kids to set realistic goals for themselves and to help parents make meal plans and grocery lists so that the whole family can get on board with nutrition We even hear from celebrities dishing on how they eat right This kid friendly guide helps young people make smart food choices every day Features recipes meal plans tips on nutrition from kids in their own words fun food facts a foreword by

Paul Finkelstein host of the Food Network Canada series Fink and quotes from celebrities including Mia Hamm America Ferrara Zac Efron and Heather Locklear **Obesity in Canada** Jenny Ellison, Deborah McPhail, Wendy Mitchinson, 2016-01-01 Obesity in Canada takes a broader critical perspective of our supposed obesity epidemic **The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs** Heather Boon, Michael Smith, 2004 The most current scientific information from the world's leading medical journals Although there is growing consumer awareness of alternative and complementary medicine there is a lack of comprehensive information available on herbal products While pharmacists physicians and other health care professionals sometimes offer advice their patients want more information The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs is a comprehensive fully illustrated reference to the 50 most commonly prescribed herbs A complete description of each herb is featured along with its other common names possible adverse effects therapeutic uses for treating illness and disease as well as potential drug interactions Some of the herbs included are Aloe Vera Evening Primrose Goldenseal Scullcap Burdock Tumeric Tea Tree Oil Meadowsweet This guide is written by professional pharmacists one a naturopathic doctor using the most current research and clinical testing The authors easy to understand text combined with the latest findings and clear directions for safe dosages makes this practical reference on medicinal herbs a primary resource of data *Canadian Clinical Nursing Skills and Techniques E-Book* Shelley Cobbett, Anne G. Perry, Patricia A. Potter, Wendy R. Ostendorf, 2019-05-21 NEW Fully revised for a Canadian classroom includes Canadian statistics references and resources protocols documentation standards delegation rules Canadian nursing best practice guidelines metric measurements and more NEW All topics skills and sample documentation conform to Canadian provincial and territorial scopes of practice and Canadian standards in nursing practice NEW Inclusion of Canadian concepts Person Centred Care Evidence Informed Practice Interprofessional Collaboration and Delegation and Care in the Community NEW Greater emphasis on cultural assessment considerations and caring for Indigenous and vulnerable populations NEW Thoroughly revised chapters reflect Canadian practice and guidelines including Emergency Preparedness and Disaster Management Palliative Care Cardiac Care Vascular Access and Infusion Therapy Oral Nutrition and Prevention of Skin Breakdown and Wound Care NEW Enhanced and updated art program includes 70 new figures **About Canada: Health and Illness, 3rd Edition** Dennis Raphael, 2024-05-02T00:00:00Z Living a long healthy life is one obvious goal of pretty much all of us We are told over and over to change our lifestyles and accept that if we become ill we have likely brought it on ourselves Yet hundreds of studies over the past four decades tell the real story the living and working conditions we experience every day play a determining role in our health How income and wealth housing education and adequate food are distributed whether or not we are employed and the working conditions we experience not medical treatments nor so called wellness lifestyles determine whether we stay healthy or become ill These living and working conditions reflect the social inequalities that are associated with social class gender race and other social locations in

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Present Knowledge in Nutrition Bernadette P. Marriott, Diane F. Birt, Virginia A. Stallings, Allison A. Yates, 2020-07-21 Present Knowledge in Nutrition Eleventh Edition provides an accessible highly readable referenced source of the most current reliable and comprehensive information in the broad field of nutrition Now broken into two separate volumes and updated to reflect scientific advancements since the publication of its tenth edition Present Knowledge in Nutrition Eleventh Edition includes expanded coverage on the topics of basic nutrition and metabolism and clinical and applied topics in nutrition This volume Present Knowledge in Nutrition Clinical and Applied Topics in Nutrition addresses life stage nutrition and maintaining health nutrition monitoring measurement and regulation and important topics in clinical nutrition Authored by an international group of subject matter experts with the guidance of four editors with complementary areas of expertise Present Knowledge in Nutrition Eleventh Edition will continue to be a go to resource for advanced undergraduate graduate and postgraduate students in nutrition public health medicine and related fields professionals in academia and medicine including clinicians dietitians physicians and other health professionals and academic industrial and government researchers including those in nutrition and public health The book was produced in cooperation with the International Life Sciences Institute <https://ilsi.org> Provides an accessible source of the most current reliable and comprehensive information in the broad field of nutrition Features new chapters on topics of emerging importance including the microbiome eating disorders nutrition in extreme environments and the role of nutrition and cognition in mental status Covers topics of clinical relevance including the role of nutrition in cancer support ICU nutrition supporting patients with burns and wasting deconditioning and hypermetabolic conditions

Vitamin D Michael F. Holick, 2010-06-27 In Vitamin D Physiology Molecular Biology and Clinical Applications Second Edition leading researchers provide a comprehensive highly readable overview of the biological functions and clinical applications of vitamin D and its metabolites Topics range from the most recent recommendations for vitamin D intake to new approaches for the treatment and prevention of vitamin D deficiency and the development of active vitamin D drugs to treat psoriasis and cancer The book demonstrates the significant role that vitamin D has in maintaining good bone health and the prevention of osteoporosis an important health problem for adults over the age of fifty In addition it authoritatively reviews the relationship between sunlight exposure vitamin D and increased risk of colon and breast cancer how vitamin D is made in the skin and the

sequence of events that leads to its activation by the kidney Also examined are the biological functions of 1,25 dihydrovitamin D₃ on the intestine and bone as well as other tissues such as skin the immune system prostate and breast and vitamin D's molecular mechanism of action on the cell membrane and nucleus The first edition of Vitamin D Physiology Molecular Biology and Clinical Applications was the benchmark in the field when published in 1999 This new and expanded volume continues to include extensive in depth chapters covering the most important aspects of the complex interactions between vitamin D and other dietary components the ongoing debate concerning the best indicator of optimal vitamin D status and its nutrient requirements and the impact of less than optimal status on disease risk Vitamin D Physiology Molecular Biology and Clinical Applications Second Edition is designed and organized not only to be an up to date review on the subject but also to provide medical students graduate students health care professionals and even the lay public with a reference source for the most up to date information about the vitamin D deficiency pandemic and its clinical implications for health and disease

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