



My Food Guide

Name: _____

My Recommended Food Guide Servings per day

My Numbers

Woman aged 19 to 30

Vegetables and Fruit 8

Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.

Grain Products 7

Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.

Milk and Alternatives 2

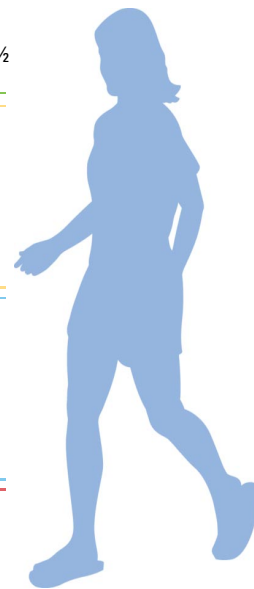
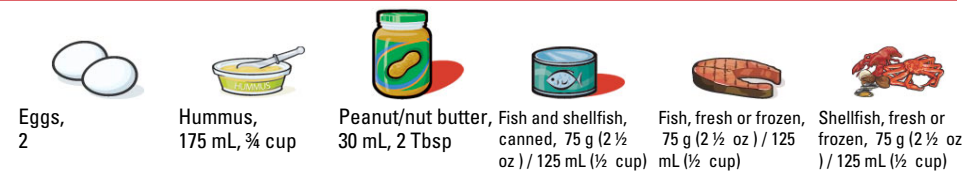
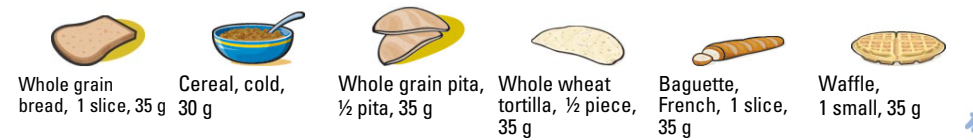
Drink skim, 1% or 2% milk each day. Select lower fat milk alternatives.

Meat and Alternatives 2

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week. Select lean meat and alternatives prepared with little or no added fat or salt.

My Examples

Each example represents 1 Food Guide Serving



Build **30 to 60 minutes** of physical activity into your day everyday



Use with Canada's Food Guide

Here are the examples you chose:

- Cycling
- Soccer
- Garden and Yard work
- Volleyball
- Hiking
- Yoga

