

Appendix B: Eating Well With Canada's Food Guide

This information has been adapted from *Eating Well with Canada's Food Guide*. To get your copy of *Canada's Food Guide* visit:

www.healthcanada.gc.ca/foodguide or

call 1 800 0-Canada (1 800 622-6232). TTY: 1 800 926-9105



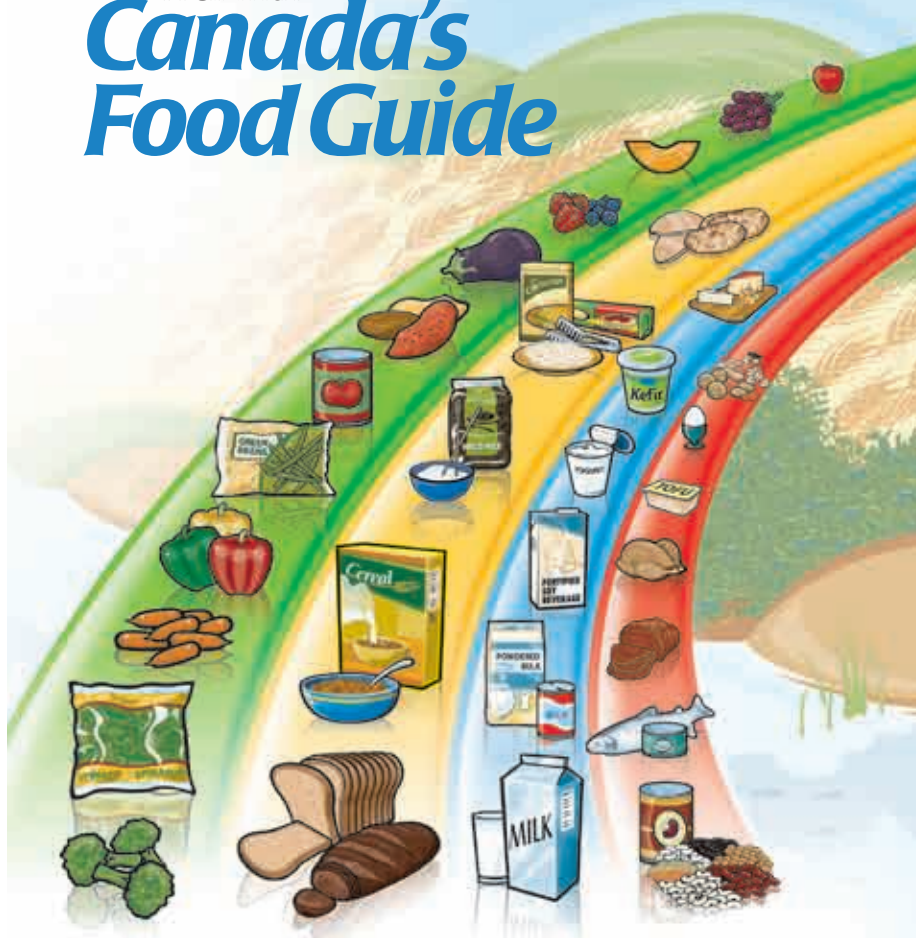
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Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Eating Well with *Canada's Food Guide*



Canada⁺

Also, visit www.healthcanada.gc.ca/foodguide to create a copy of *My Food Guide*, an interactive tool that will help you personalize the information found in *Canada's Food Guide*.

Source: *Eating Well With Canada's Food Guide* (2007), Health Canada.

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

Vegetables and Fruit

Females need 7 servings a day
Males need 7 servings a day

Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables

Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or canned fruits
125 mL (½ cup) or
1 fruit



100% Juice
125 mL (½ cup)

Grain Products

Females need 6 servings a day
Males need 7 servings a day

Bread
1 slice (35 g)



Bagel
½ bagel (45 g)



Flat breads
½ pita or
½ tortilla (35 g)



Cooked rice,
bulgur or quinoa
125 mL (½ cup)



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)



Cooked pasta
or couscous
125 mL (½ cup)



Having 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 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

Adapted from *Eating Well with Canada's Food Guide* (2007), Health Canada.

Health Canada does not assume the responsibility for any errors and omissions which may occur during adaptation.

Recommended Number of Food Guide Servings per Day for Adults Aged 51+

Milk and Alternatives

Females need 3 servings a day
Males need 3 servings a day

Milk or powdered milk (reconstituted)
250 mL (1 cup)



Canned milk (evaporated)
250 mL (1 cup)

Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g (¾ cup)

Kefir
175 g (¾ cup)



Cheese
50 g (1½ oz.)

Meat and Alternatives

Females need 2 servings a day
Males need 3 servings a day

Cooked fish, shellfish, poultry, lean meat
75 g (2½ oz.) /
125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
150 g or
175 mL (¾ cup)



Eggs
2 eggs

Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts and seeds
60 mL (¼ cup)

Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

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Make each Food Guide Serving count. . .

wherever you are – at home, at school, at work or when eating out!

▶ Eat at least one dark green and one orange vegetable each day.

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

▶ Choose vegetables and fruit prepared with little or no added fat, sugar or salt.

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

▶ Have vegetables and fruit more often than juice.

▶ Make at least half of your grain products whole grain each day.

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

▶ Choose grain products that are lower in fat, sugar or salt.

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

▶ Drink skim, 1%, or 2% milk each day.

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

▶ Select lower fat milk alternatives.

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

▶ Have meat alternatives such as beans, lentils and tofu often.

▶ Eat at least two Food Guide Servings of fish each week.*

- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

▶ Select lean meat and alternatives prepared with little or no added fat or salt.

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- For luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.

* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

The need for **vitamin D** increases after the age of 50. In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).