

Healthy Choices

Lean Choices

Healthy eating means choosing the right foods in the right amounts. Choose foods that are lower in fat, sodium and sugar, as recommended in *Eating Well with Canada's Food Guide**

Vegetables & Fruit

What is one serving?

Grain Products

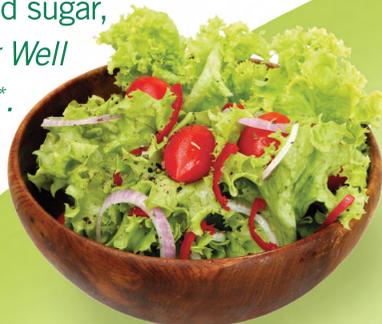
What is one serving?

Milk & Alternatives

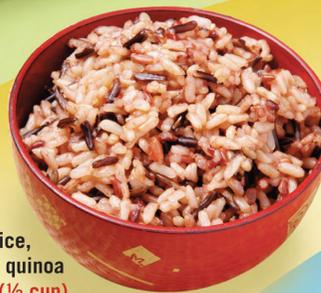
What is one serving?

Meat & Alternatives

What is one serving?



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



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

Cooked pasta or couscous
125 mL (½ cup)

Raw leafy vegetables 250 mL (1 cup)
Cooked leafy vegetables 125 mL (½ cup)



Bread 1 slice (35 g)
Bagel 1/2 bagel (45 g)



Yogurt or kefir
175 g (¾ cup)



Cheese 50 g (1½ oz)

- Cooked fish, shellfish, poultry, lean meat 75 g (2½ oz) / 125 mL (½ cup)
- Peanut or nut butters 30 mL (2 Tbsp)
- Tofu 150 g or 175 mL (¾ cup)
- Cooked legumes 175 mL (¾ cup)
- Shelled nuts and seeds 60 mL (¼ cup)
- Eggs 2 eggs



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

100% juice
125 mL (½ cup)



Cold cereal 30 g Hot cereal 175 mL (¾ cup)



Milk or powdered milk (reconstituted) 250 mL (1 cup)
Canned milk (evaporated) 125 mL (½ cup)
Fortified soy beverage 250 mL (1 cup)



Flat breads
1/2 pita or 1/2 tortilla (35 g)

How many servings of each food group do you need per day?

Vegetables & Fruit

Age [in years]		Females	Males
Children	2-3	4	4
	4-8	5	5
	9-13	6	6
Teens	14-18	7	8
Adults	19-50	7-8	8-10
	51+	7	7

Grain Products

Age [in years]		Females	Males
Children	2-3	3	3
	4-8	4	4
	9-13	6	6
Teens	14-18	6	7
Adults	19-50	6-7	8
	51+	6	7

Milk & Alternatives

Age [in years]		Females	Males
Children	2-3	2	2
	4-8	2	2
	9-13	3-4	3-4
Teens	14-18	3-4	3-4
Adults	19-50	2	2
	51+	3	3

Meat & Alternatives

Age [in years]		Females	Males
Children	2-3	1	1
	4-8	1	1
	9-13	1-2	1-2
Teens	14-18	2	3
Adults	19-50	2	3
	51+	2	3



PutPorkOnYourFork.com

PORK, A HEALTHY CHOICE

Pork provides energy and many nutrients such as high quality protein, six essential B-vitamins and four important minerals (phosphorus, magnesium, zinc and iron), that are all important for the maintenance of good health.

*www.healthcanada.gc.ca/foodguide © 2008 Pork Marketing Canada. May be reproduced for EDUCATIONAL purposes.



Buy Canadian Pork. Its your best choice!