



# My Food Guide Servings Tracker

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Food Guide Servings per day

6

## GIRL OR BOY AGED 9-13

### Vegetables and Fruit

**1 Food Guide Serving =**  
125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice or  
250 mL (1 cup) leafy raw vegetables or salad or  
1 piece of fruit



6

### Grain Products

**1 Food Guide Serving =**  
1 slice (35 g) of bread or ½ pita or tortilla (35 g) or  
125 mL (½ cup) cooked rice, pasta or couscous or  
30 g cold cereal or 175 mL (¾ cup) hot cereal



3-4

### Milk and Alternatives

**1 Food Guide Serving =**  
250 ml (1 cup) milk or fortified soy beverage or  
175 g (¾ cup) yogurt or  
50 g (1 ½ oz) cheese



1-2

### Meat and Alternatives

**1 Food Guide Serving =**  
75 g (2 ½ oz)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat or  
175 mL (¾ cup) cooked legumes or tofu or  
60 mL (¼ cup) shelled nuts and seeds

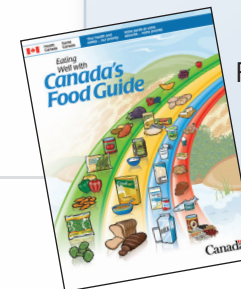


30 to 45 mL  
(2 to 3 Tbsp)  
each day

### Oils and Fats

Include a small amount of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

- 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.
- Make at least half of your grain products whole grain each day.
- Choose grain products that are lower in fat, sugar or salt.
- Drink skim, 1% or 2% milk each day.
- Select lower fat milk alternatives.
- 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.
- Satisfy your thirst with water.
- Limit foods and beverages high in calories, fat, sugar or salt.
- Be active every day for at least 60 minutes.



For more information and to order copies of Canada's Food Guide visit Canada's Food Guide on line.







[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

# My Food Guide Servings Tracker

## FOOD INTAKE RECORD

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

	MEAL	VEGETABLES AND FRUIT	GRAIN PRODUCTS	MILK AND ALTERNATIVES	MEAT AND ALTERNATIVES	OILS AND FATS	FOODS TO LIMIT
							Limit foods and beverages high in calories, fat, sugar or salt.
BREAKFAST	=						
LUNCH	=						
DINNER	=						
SNACKS	=						
TOTAL NUMBER OF FOOD GUIDE SERVINGS	=						