









Enjoy foods from each of the four food groups everyday

Food Groups

Meat, Fish and **Alternatives**

Milk and

Alternatives

For healthy muscles and blood

Recommended number of food servings per day

For strong bones and teeth

Recommended number of food servings per day



For energy

Grain Products

Vegetables,

Berries and Fruit

Recommended number of food servings per day

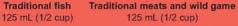
For healthy skin, good eyes and less illness

5-6

7-10

Recommended number of food servings per day







125 mL (1/2 cup)



2 eggs



Cheese 2 slices (50 g)





1 slice



Bannock Small piece (2"X2")

Yogurt 175 g (3/4 cup)



Cold and hot cereals 30 g / 175 mL (3/4 cup)



Cooked rice or pasta 125 mL (1/2 cup)







125 mL (1/2 cup)



125 mL (1/2 cup)



100% Juice 125 mL (1/2 cup)





