



My Food Guide Servings Tracker

NAME: _____

DATE: _____

Food Guide Servings per day

FEMALE AGED 14-18



7

| | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | |

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

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| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

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

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|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

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



2

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|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|

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 90 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

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 | = | | | | | | |