

REVISIONS TO CANADA'S FOOD GUIDE

PROPOSED BY THE CENTRE FOR HEALTH SCIENCE AND LAW

Recommended Number of Food Guide Servings per Day

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

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products <i>WHOLE</i>	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives <i>1% OR LESS FAT</i>	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives <i>BEANS, NUTS, SEAFOOD, POULTRY AND ALTERNATIVES</i>	1	1	1-2	2	3	2	3	2	3



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



Bread 1 slice (35g) **Bagel** ½ bagel (45 g) **Flat breads** ½ pita or ½ tortilla (35g)



Milk or powdered milk (reconstituted) 250 mL (1 cup) **Canned milk (evaporated)** 125 mL (½ cup)



Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup) **Cooked legumes** 175 mL (¾ cup)

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

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.

Oils and Fats

- Include a small amount – 30 to 50 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.

- IF YOU DRINK **ALCOHOL**, LIMIT TO 2 SERVINGS OR LESS PER DAY FOR MEN, 1 FOR WOMEN. AVOID ALCOHOL ENTIRELY DURING PREGNANCY TO PREVENT FETAL ALCOHOL SPECTRUM DISORDER. A TYPICAL SERVING OF ALCOHOL CAN CONTAIN 200 OR MORE CALORIES.
- WOMEN OF CHILDBEARING AGE ARE ADVISED TO TAKE A **FOLIC ACID SUPPLEMENT** TO PREVENT NEURAL TUBE BIRTH DEFECTS.

SUBSTITUTE **POLYUNSATURATED-RICH VEGETABLE OILS** FOR SATURATED-FATS-LADEN DAIRY AND MEAT FATS. KEEP IN MIND THAT 3 TABLESPOONS OF OIL ADDS NEARLY 400 CALORIES TO A DIET AND NEARLY EVERYONE CAN THRIVE ON 1,500-2,500 CALORIES PER DAY (LESS FOR WOMEN), EVEN IF MODERATELY ACTIVE.

See the back cover for sustainable weight loss tips. Visit www.healthycanadians.ca for current credible evidence.

ELIMINATE JUICE IN FAVOUR OF WHOLE FRUITS AND VEGETABLES.



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



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



100% Juice
125 mL (½ cup)

THE SIZE OF THE COLOURED BARS FOR FRUITS & VEGETABLES AND (WHOLE) GRAINS SHOULD BE APPROXIMATELY 3 1/2 AND 3 TIMES **LARGER**, RESPECTIVELY, THAN THE MEAT AND DAIRY BARS TO MORE ACCURATELY PORTRAY THE AMOUNTS TO CONSUME OF THOSE FOODS.



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)

ALL BREADS, BAGELS, FLAT BREADS, COOKED RICE, BULGUR OR QUINOA, CEREAL, COOKED PASTA OR COUSCOUS **SHOULD** BE **WHOLE GRAIN**.



Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g (¾ cup)



Kefir
175 g (¾ cup)



Cheese
50 g (1 ½ oz.)

ALL MILK AND MILK ALTERNATIVES SHOULD BE **1% OR LESS FAT** WITH **NO ADDED SUGARS**. ADD OTHER LOW-FAT MILK ALTERNATIVES.

EAT MOST CHEESES RARELY.



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)



Eggs
2 eggs

ELIMINATE RED MEAT. THE GLOBAL BURDEN OF DISEASE REPORT (EXCERPT BELOW) LISTS OPTIMAL INTAKE AT 18-21 GRAMS PER DAY - LESS THAN 2 SMALL SERVINGS PER WEEK, IF ANY. UNLIKE MILK, MEAT OFFERS **NO PROTECTIVE EFFECT**. BEEF IS A MAJOR CONTRIBUTOR TO GREENHOUSE GAS EMISSIONS.

EGGS HAVE LESS PROVEN VALUE THAN PEANUT OR NUT BUTTERS, SHELLED NUTS OR SEEDS, SO SHOULD BE MOVED TO THE END OF THE LIST.



Satisfy your thirst with water!

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.



DRINK UP TO TWO LITRES OF WATER PER DAY: CAFFEINE DRINKS AND ALCOHOL CAN DEHYDRATE.

EXCLUSIVE BREASTFEEDING FOR AT LEAST THE FIRST 6 MONTHS, AND PARTIAL BREASTFEEDING AS LATE AS AGE 3 IS **BEST FOR BABIES.**

CANADIAN RISK ACCORDING TO THE GLOBAL BURDEN OF DISEASE PROJECT <small>(http://vizhub.healthdata.org/gbd-compare/)</small>	ESTIMATED DEATHS IN 2015	ESTIMATED LOSS OF DISABILITY-ADJUSTED LIFE YEARS (DALYs)*
Dietary Risks in 2015	48,867	820,335
Diet low in nuts and seeds	9,937	163,839
Diet low in fruits	9,003	171,702
Diet low in whole grains	8,689	176,491
Diet low in vegetables	8,853	132,897
Diet high in sodium	8,818	134,591
Diet low in seafood omega 3 fatty acid	5,408	77,024
Diet high in processed meats	3,623	85,773
Diet low in polyunsaturated fats	3,499	40,672