

# REVISIONS TO CANADA'S FOOD GUIDE PROPOSED BY THE CENTRE FOR HEALTHY CHOICES AND LAB

## Recommended Number of Food Guide Servings per Day

Age Sex	4-5	6-13	14-19	20-29	30-39	40-49	50-59	60-69	70+
Age Sex	4-5	6-13	14-19	20-29	30-39	40-49	50-59	60-69	70+

Vegetables and Fruit	4	5	6	7	8	7	6	5	4
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Whole Grains	3	4	5	6	7	6	5	4	3
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14 or Less Fat Milk and Alternatives	2	2	3	3	3	2	2	1	1
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Beans, Nuts, Seared, Poultry and Alternatives	1	1	2	2	2	2	2	1	1
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Alcohol	1	1	2	2	2	2	2	1	1
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## What is One Food Guide Serving? Look at the examples below.



Vegetables and fruit (1 1/2 cups)



Whole grains (1/2 cup cooked, 1/2 cup dry, 1/2 cup flaked)



Milk, milk alternatives, yogurt (1 cup, 1/2 cup dry, 1/2 cup flaked)



Beans, lentils, seared poultry (1/2 cup)



Meat (3 oz)



Bread (1 slice)



Soup (1/2 cup)



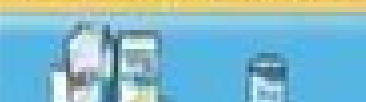
Cereal (1/2 cup)



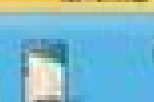
Pasta (1/2 cup)



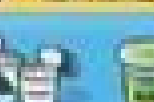
Rice (1/2 cup)



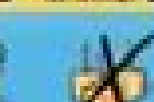
Milk (1 cup)



Milk (1 cup)



Milk (1 cup)



Milk (1 cup)



Milk (1 cup)



Beans, lentils, seared poultry (1/2 cup)



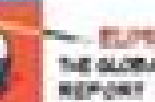
Beans, lentils, seared poultry (1/2 cup)



Beans, lentils, seared poultry (1/2 cup)



Beans, lentils, seared poultry (1/2 cup)



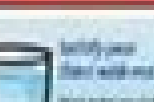
Beans, lentils, seared poultry (1/2 cup)



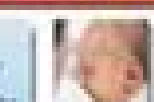
Water (1 cup)



Water (1 cup)



Water (1 cup)



Water (1 cup)



Water (1 cup)

THE SIZE OF THE COLOURED BARS FOR FRUITS & VEGETABLES AND WHOLE GRAINS SHOULD BE APPROXIMATELY 3x10 AND 3 TIMES LARGER, RESPECTIVELY, THAN THE MEAT AND DAIRY BARS TO MORE ACCURATELY PORTRAY THE AMOUNTS TO CONSUME OF THOSE FOODS.

ALL BREADS, BAGELS, FLAT BREAD, COOKED RICE, DUMPLING OR GUMBO, CEREAL, COOKED PASTA OR COUSCOUS SHOULD BE WHOLE GRAIN.

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.

ELIMINATE RED MEAT. THE GLOBAL BURDEN OF DISEASE REPORT (EXCERPT BELOW) LISTS OPTIMAL MEAT AT 18-21 GRAMS PER DAY - LESS THAN 3 SMALL SERVINGS PER WEEK. IF ANY, CHOOSE MILK, MEAT OFFERS NO PROTECTIVE EFFECT. BEEF IS A MAJOR CONTRIBUTION TO GREENHOUSE GAS EMISSIONS.

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

Food Item	Calories	Fat	Protein
Almonds	160	14g	6g
Walnuts	185	18g	4g
Peanut butter	190	16g	7g
Coconut oil	120	14g	0g
Butter	100	8g	0g
Mayonnaise	90	10g	0g
Salmon	120	10g	10g
Chicken	130	10g	10g
Beef	150	10g	10g
Pork	160	10g	10g
Lamb	170	10g	10g
Veal	180	10g	10g
Turkey	190	10g	10g
Duck	200	10g	10g
Goose	210	10g	10g
Swine	220	10g	10g
Wild game	230	10g	10g

The chart above shows a variety of Food Guide servings are used from each of the five food groups every day.

Meeting the amount and type of food recommended and following the tips in Choosing Your Plate will help:

- Keep your weight for healthy interests and self-esteem
- Reduce your risk of obesity, type 2 diabetes, heart disease, stroke and other chronic diseases
- Contribute to a healthier food system

- 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 100 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-FAT-RICH DAIRY AND MEAT FATS. KEEP IN MIND THAT 1 TABLESPOON OF OIL ADDS NEARLY 100 CALORIES TO A DIET AND NEARLY EVERYONE CAN THRIVE ON 1800-2300 CALORIES PER DAY (LESS FOR WOMEN), EVEN IF MODERATELY ACTIVE.

For the full story on sustainable weight loss tips, visit [www.healthycanadians.ca](http://www.healthycanadians.ca) for current credible evidence.

## ELIMINATE JUICE IN FAVOUR OF WHOLE FRUITS AND VEGETABLES



Juice (1/2 cup)



Juice (1/2 cup)



Juice (1/2 cup)



Juice (1/2 cup)



Juice (1/2 cup)



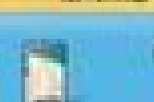
Juice (1/2 cup)



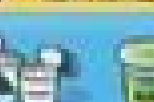
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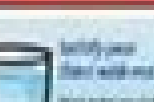
Juice (1/2 cup)



Juice (1/2 cup)



Juice (1/2 cup)



Juice (1/2 cup)



Juice (1/2 cup)



Juice (1/2 cup)



Water (1 cup)



Water (1 cup)



Water (1 cup)



Water (1 cup)



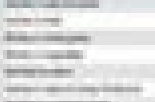
Water (1 cup)



Water (1 cup)



Water (1 cup)



Water (1 cup)

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.

# Lose Weight Canada Food Guide

**Terry C. Jones**



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manages pulmonary flow sending blood to the lungs for oxygenation before distributing it to the body

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