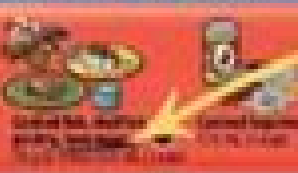
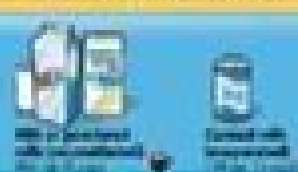


REVISIONS TO CANADA'S FOOD GUIDE PROPOSED BY THE CENTRE FOR HEALTHY CHOICES AND LAB

Recommended Number of Food Guide Servings per Day

Age Sex	Children			Teen			Adult		
	4-6	7-13	14-18	19-24	25-34	35-44	45-54	55-64	65+
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7-7	7
Grain Products	3	4	6	6	7	6-7	8	6-7	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	2	1
Meat, Poultry, Seafood, Eggs, Alternatives	1	1	2	2	2	2	2	2	1

What is One Food Guide Serving?



ELIMINATE JUICE IN FAVOUR OF WHOLE FRUITS AND VEGETABLES



THE SIZE OF THE COLOURED BARS FOR FRUITS & VEGETABLES AND GRAIN PRODUCTS SHOULD BE APPROXIMATELY 3:10 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 BREADS, COOKED RICE, DUMPLINGS, GUMBO, CEREAL, COOKED PASTA OR CONSOUE 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 (EXCEPT 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
Butter	100	8g	1g
Peanut butter	100	9g	2g
Soy butter	100	9g	2g
Almond butter	100	9g	2g
Walnut butter	100	9g	2g
Flaxseed butter	100	9g	2g
Coconut butter	100	9g	2g
Dark chocolate	100	6g	1g
White chocolate	100	6g	1g
Dark chocolate (70% cocoa)	100	6g	1g
Dark chocolate (85% cocoa)	100	6g	1g
Dark chocolate (90% cocoa)	100	6g	1g
Dark chocolate (95% cocoa)	100	6g	1g
Dark chocolate (100% cocoa)	100	6g	1g

The chart above shows a minimum 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:

- Meet your needs for vitamins, minerals and all 9 essential amino acids that your body cannot make on its own.
- Reduce your risk of obesity, type 2 diabetes, heart disease, stroke and other chronic diseases.
- Contribute to a sustainable 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 for current credible evidence.



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

IM Harris



Lose Weight Canada Food Guide:

Lose Weight Canada Food Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Lose Weight Canada Food Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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