Eating Well with
Canada’s Food Guide
First Nations, Inuit and Métis
How to use Canada’s Food Guide

The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

Eating Well Every Day

Canada’s Food Guide describes healthy eating for Canadians two years of age or older. Choosing the amount and type of food recommended in Canada’s Food Guide will help:

- children and teens grow and thrive
- meet your needs for vitamins, minerals and other nutrients
- lower your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis (weak and brittle bones).

### Recommended Number of Food Guide Servings per day

<table>
<thead>
<tr>
<th>Group</th>
<th>Children 2–3 years old</th>
<th>Children 4–13 years old</th>
<th>Teens and Adults (Females)</th>
<th>Teens and Adults (Males)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables and Fruit</td>
<td>4</td>
<td>5–6</td>
<td>7–8</td>
<td>7–10</td>
</tr>
<tr>
<td>Fresh, frozen and canned</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grain Products</td>
<td>3</td>
<td>4–6</td>
<td>6–7</td>
<td>7–8</td>
</tr>
<tr>
<td>Milk and Alternatives</td>
<td>2</td>
<td>2–4</td>
<td>Teens 3–4 Adults 2 (19–50 years) 2 Adults (51+ years) 3</td>
<td>Teens 3–4 Adults 2 (19–50 years) 2 Adults (51+ years) 3</td>
</tr>
<tr>
<td>Meat and Alternatives</td>
<td>1</td>
<td>1–2</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

### What is one Food Guide Serving?

**Look at the examples below.**

**Vegetables and Fruit**

- Dark green and orange vegetables: 125 mL (1/2 cup)
- Other vegetables: 125 mL (1/2 cup)
- Leafy vegetables and wild plants: cooked 125 mL (1/2 cup), raw 250 mL (1 cup)
- Berries: 125 mL (1/2 cup)
- Fruit: 1 fruit or 125 mL (1/2 cup)
- 100% Juice: 125 mL (1/2 cup)

**Grain Products**

- Bread: 1 slice (35 g)
- Bannock: 35 g (2” x 2” x 1”)
- Cold cereal: 30 g (see food package)
- Hot cereal: 175 mL (3/4 cup)
- Cooked pasta: 125 mL (1/2 cup)
- Cooked rice: 125 mL (1/2 cup)

**Milk and Alternatives**

- Milk Powdered milk, mixed: 250 mL (1 cup)
- Fortified soy beverage: 250 mL (1 cup)
- Canned milk (evaporated): 125 mL (1/2 cup)
- Yogurt: 175 g (3/4 cup)
- Cheese: 50 g (1 1/2 oz.)

**Meat and Alternatives**

- Traditional meats and wild game: 75 g cooked (2 1/2 oz/25 mL (1/2 cup)
- Fish and shellfish: 75 g cooked (2 1/2 oz/125 mL (1/2 cup)
- Lean meat and poultry: 75 g cooked (2 1/2 oz/125 mL (1/2 cup)
- Eggs: 2 eggs
- Beans – cooked: 175 mL (3/4 cup)
- Peanut butter: 30 mL (2 Tbsp)

### When cooking or adding fat to food:

- **Most of the time,** use vegetable oils with unsaturated fats. These include canola, olive and soybean oils.
- **Aim for a small amount** (2 to 3 tablespoons or about 30-45 mL) each day. This amount includes oil used for cooking, salad dressings, margarine and mayonnaise.
- **Traditional fats that are liquid at room temperature,** such as seal and whale oil, or ooligan grease, also contain unsaturated fats. They can be used as all or part of the 2-3 tablespoons of unsaturated fats recommended per day.
- **Choose soft margarines** that are low in saturated and trans fats.
- **Limit butter, hard margarine, lard, shortening and bacon fat.**

*Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information. Consult local, provincial or territorial governments for information about eating locally caught fish.
Respect your body... Your choices matter

Following Canada’s Food Guide and limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body. Examples of foods and drinks to limit are:

- pop
- fruit flavoured drinks
- sweet drinks made from crystals
- sports and energy drinks
- candy and chocolate
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

People who do not eat or drink milk products must plan carefully to make sure they get enough nutrients.

The traditional foods pictured here are examples of how people got, and continue to get, nutrients found in milk products. Since traditional foods are not eaten as much as in the past, people may not get these nutrients in the amounts needed for health.

People who do not eat or drink milk products need more individual advice from a health care provider.

Wild plants, seaweed

Bannock (made with baking powder)

Fish with bones, shellfish, nuts, beans

For strong body, mind and spirit, be active every day.

Women of childbearing age

All women who could become pregnant, and pregnant and breastfeeding women, need a multivitamin with folic acid every day. Pregnant women should make sure that their multivitamin also contains iron. A health care provider can help you find the multivitamin that is right for you.

When pregnant and breastfeeding, women need to eat a little more. They should include an extra 2 to 3 Food Guide Servings from any of the food groups each day.

For example:
- have dry meat or fish and a small piece of bannock for a snack, or
- have an extra slice of toast at breakfast and an extra piece of cheese at lunch.

Women and men over the age of 50

The need for vitamin D increases after the age of 50.

In addition to following Canada's Food Guide, men and women over the age of 50 should take a daily vitamin D supplement of 10 \( \mu \)g (400 IU).

For more information, interactive tools or additional copies visit Canada’s Food Guide at:

www.healthcanada.gc.ca/foodguide

or contact:
Publications • Health Canada • Ottawa, Ontario K1A 0K9 • E-Mail: publications@hc-sc.gc.ca • Tel.: 1-866-225-0709 • TTY: 1-800-267-1245 • Fax: (613) 941-5366

Également disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien – Premières Nations, Inuit et Métis

This guide is based on Eating Well with Canada’s Food Guide.

© Her Majesty the Queen in Right of Canada, represented by the Minister of Health Canada, 2007. This publication may be reproduced without permission. No changes permitted. HC Pub.: 3426 Cat.: H34-159/2007E ISBN: 0662-44562-7