

Table 1.1. Dietary recommendations from Canada’s food guide*

Food groups	Servings per day	Comments
Fruits & vegetables	5-10 1 serving = 1 medium-sized fruit or vegetable; 250 mL (1 cup) salad; 125 mL (½ cup) juice	<ul style="list-style-type: none"> Rich sources of antioxidants, vitamins, and fibre Choose dark green and orange fruits and vegetables when possible
Grains & cereals	5-12 1 serving = 1 slice bread; ½ pita or bun; 30 g (¼ cup) cold cereal; 250 mL (1 cup) rice or pasta	<ul style="list-style-type: none"> High-fibre diet reduces cardiovascular and cancer risk Choose whole grain and enriched products when possible
Meat & alternatives	2-3 1 serving = 50 to 100 g (2-3.5 oz.) beef, poultry, fish; 250 mL (1 cup) legumes; 100 g (1/3 cup) tofu; 30 mL (2 tbsp) peanut butter	<ul style="list-style-type: none"> Choose lean meats, poultry and fish plus dried peas, beans, lentils and soy products when possible Cold water fish are high in omega-3 fatty acids
Milk products	2-4 1 serving = 250 mL (8 oz) milk; 175 g (¾ cup) yogurt; 50 g (2 oz) cheese	<ul style="list-style-type: none"> High sources of calcium Milk is the only dairy product fortified with Vitamin D Choose lower fat dairy products
Other foods & beverages		
Oils & fats		<ul style="list-style-type: none"> Obtain 10 percent of total calories from saturated fat Use olive or canola oil
Sugar		<ul style="list-style-type: none"> Avoid animal fats, hydrogenated oils, and trans-fatty acids Minimize use of products that are mostly sugar (jams, syrup, honey, candies)
Alcohol	1 serving: 150 mL (5 oz) wine; 350 mL (1 bottle) beer; 50 mL (1.5 oz) liquor; 11-15 g alcohol	<ul style="list-style-type: none"> Limit intake to 1-2 drinks/day for cardioprotective effects Breast cancer risk is increased with 2 drinks/day
Caffeine		<ul style="list-style-type: none"> 2-3 caffeinated beverages/day allowable in calcium-sufficient individuals Caffeine may contribute to bone resorption in calcium-deficient individuals

*Source: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html