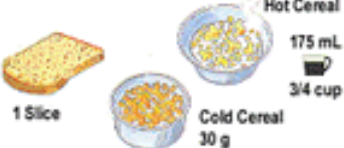






Annex 8-3



Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives
Choose whole grain and enriched products more often.	Choose dark green and orange vegetables and orange fruit more often.	Choose lower-fat milk products more often.	Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

<p>Grain Products 5-12 SERVINGS PER DAY</p>	<p>1 serving</p>  <p>Hot Cereal 175 mL 3/4 cup</p> <p>Cold Cereal 30 g</p> <p>1 Slice</p> <p>2 servings</p>  <p>Pasta or Rice 250 mL 1 cup</p> <p>1 Bagel, Pita or Bun</p>	
<p>Vegetables and Fruit 5-10 SERVINGS PER DAY</p>	<p>1 serving</p>  <p>Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup</p> <p>Salad 250 mL 1 cup</p> <p>Juice 125 mL 1/2 cup</p> <p>1 Medium Size Vegetable or Fruit</p>	
<p>Milk Products Servings per Day Children 4-9 years: 2-3 Youth 10-16 years: 3-4 Adults: 2-4 Pregnant and Breast-feeding Women: 3-4</p>	<p>1 serving</p>  <p>250 mL 1 cup</p> <p>3"x1"x1" 50 g</p> <p>2 Slices 50 g</p> <p>175 g 3/4 cup</p>	<p>Other Foods</p> <p>Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.</p>
<p>Meat and Alternatives 2-3 SERVINGS PER DAY</p>	<p>1 serving</p>  <p>Meat, Poultry or Fish 50-100 g</p> <p>1/3-2/3 Can 50-100 g</p> <p>Beans 125-250 mL</p> <p>100 g 1/3 cup</p> <p>Peanut Butter 30 mL 2 tbsp</p> <p>1-2 Eggs</p>	