

Grain Products

Choose whole grain and enriched products more often.

Vegetables and Fruit

Choose dark green and orange vegetables and orange fruit more often.

Milk Products

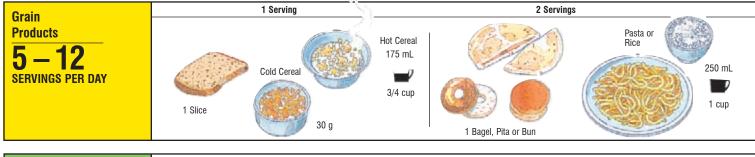
Choose lower-fat milk products more often.

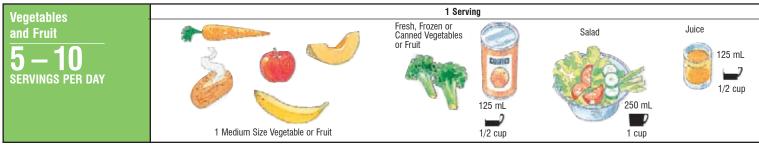
Meat and Alternatives

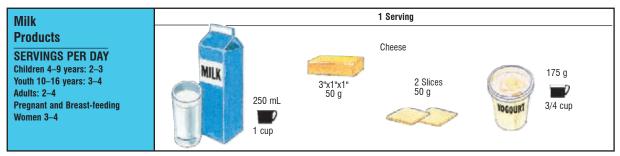
Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

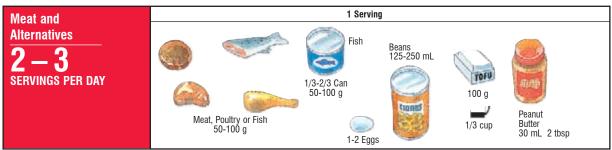












Other Foods

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.

Different People Need Different Amounts of Food

The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.



Consult Canada's Physical Activity Guide to Healthy Active Living to help you build physical activity into your daily life.

Enjoy eating well, being active and feeling good about yourself. That's VITALIT