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Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each		
Female 12 – 17 years	Male 12 – 17 years				
6 to 7 servings	6 to 8 servings	Vegetables and Fruit <ul style="list-style-type: none"> • Eat at least one dark green & one orange vegetable per day. • Fresh, frozen or canned are all good choices. • Choose vegetables & fruit prepared with little or no added fat, sugar or salt. • Choose vegetables & fruit more often than juice. • Limit juice to one food guide serving a day 125 mL / ½ cup. 	Cooked vegetables 125 mL (½ cup) = 1 hockey puck 	Fresh vegetable slices 125 mL (½ cup) = 1 hockey puck 	Leafy salad vegetables 250 mL (1 cup) = 1 baseball 
			1 medium fresh fruit = 1 tennis ball 	Diced fresh, frozen or canned fruit 125 mL (½ cup) = 1 hockey puck 	Juice 125 mL (½ cup) = 1 hockey puck 
6 servings	6 to 7 servings	Grain Products <ul style="list-style-type: none"> • Choose whole grains at least half of the time. • Choose grains that are lower in fat, sugar or salt. 	Roll, dinner, whole wheat (28 g) = 1 tennis ball 	Rice or pasta 125 mL (½ cup) = 1 hockey puck 	Bannock (2.5" x 2.5" x 2.5") = 1 hockey puck 
			Roll, hamburger, mixed grain = 1 puck 	Bagel 1/2 (45g) large = 1 hockey puck 	Cereal (corn bran) 250 mL (1 cup) = 1 baseball 
3 to 4 servings	3 to 4 servings	Milk and Alternatives <ul style="list-style-type: none"> • Milk or fortified soy beverage help meet vitamin D requirements. • Select lower-fat milk alternatives. 	Milk 250 mL (1 cup) = 1 baseball 	Cheese 50 g (1 ½oz) = 2 erasers 	Yogurt 175 g (¾ cup) = 1 tennis ball 

Are you active? If so, then you may need more servings from all food groups.



Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each		
Female 12 – 17 years	Male 12 – 17 years				
2 servings	2 to 3 servings	<p>Meats and Alternatives</p> <ul style="list-style-type: none"> • Have meat alternatives such as beans, lentils and tofu more often. • Eat at least 2 servings of fish per week. • Choose lean meat and alternatives prepared with little or no added fat or salt. 	<p>Cooked fish, poultry, lean meat, wild meat 75 g (2.5 oz) = 1 hockey puck</p> 	<p>2 eggs</p> 	<p>Cooked legumes such as beans or lentils 175 mL (¾ cup) = 1 tennis ball</p> 
			<p>Tofu 175 mL (¾ cup) = 1 tennis ball</p> 	<p>Peanut butter 30 mL (2 Tbsp) = 1 golf ball</p> 	<p>Nuts and seeds 60 mL (¼ cup) = 2 golf balls</p> 

<p>What About Oils & Fats?</p> <p>30 – 45 mL (2 to 3 Tbsp) unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine & mayonnaise.</p>	<p>Oils and Fats</p> <ul style="list-style-type: none"> • Limit butter, hard margarine, lard and shortening. 	<p>1 serving is:</p> <p>Oil (such as canola, olive & soybean) 5 mL (1 tsp) = ½ eraser</p> 	<p>1 serving is:</p> <p>Non-hydrogenated margarine/oil 5 mL (1 tsp) = ½ eraser</p> 	<p>1 serving is:</p> <p>Salad dressing 15 mL (1 Tbsp) = 1 eraser</p> 	<p>Nutrition Facts:</p> <p>4 g fat = 1 tsp fat = ½ eraser</p>
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Quench Thirst with Water! Drink water regularly. Drink more water when you are more active or in hot weather.

Remember to limit other foods & beverages high in calories, fat, sugar or salt (sodium).

How do I count Food Guide serving sizes in a meal?

Food Guide Servings in a 12-inch Sandwich

- 2 servings of Vegetables and Fruit
- 5 servings of Grain Products
- 0.5 servings of Milk and Alternatives
- 2 servings of Meat and Alternatives
- 30 mL (2 Tbsp) mayonnaise (a fat)



12 inch sub-type sandwich

Check it out

Restaurant and Take-Out Food serving sizes usually contain more food than we need at one meal. Learning to eat appropriate portion sizes and getting in touch with your body's signals for "on empty" and "I'm full" are key to healthy eating.

