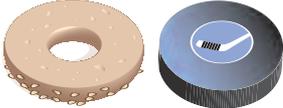
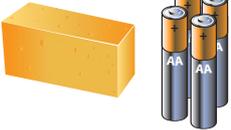
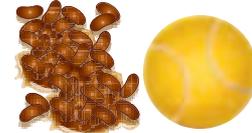


Food Guide Serving Sizes for 13 to 18 Years

NUMBER OF SERVINGS EACH DAY		FOOD GROUP	WHAT ONE FOOD GUIDE SERVING LOOKS LIKE		
Female 13-18 years	Male 13-18 years				
6 to 7 servings	6 to 8 servings	Vegetables and Fruit	Cooked vegetables 125 mL (1/2 c) = 1 small computer mouse 	Fresh vegetable slices 125 mL (1/2 c) = 1 small computer mouse 	Leafy salad vegetables 250 mL (1 c) = 1 baseball 
			1 medium fresh fruit = 1 tennis ball 	Diced fresh, frozen or canned fruit 125 mL (1/2 c) = 1 small computer mouse 	Juice 125 mL (1/2 c) = 1/2 c fluid measuring cup 
6 servings	6 to 7 servings	Grain Products	Bread 1 slice (35 g) 	Rice or pasta 125 mL (1/2 c) = 1 small computer mouse 	Bannock (2.5" x 2.5" x 2.5") = 1 hockey puck 
			Pita or tortilla wrap 1/2 small = 1 CD 	Bagel 1/2 (45g) large = 1 hockey puck 	Cold flaked cereal 250 mL (1 c) = 1 baseball 
3 to 4 servings	3 to 4 servings	Milk and Alternatives	Milk 250 mL (1 c) = 1 c fluid measuring cup 	Cheese 50 g (1 1/2oz) = 4 AA batteries 	Yogurt 175 g (3/4 c) = 1 tennis ball 



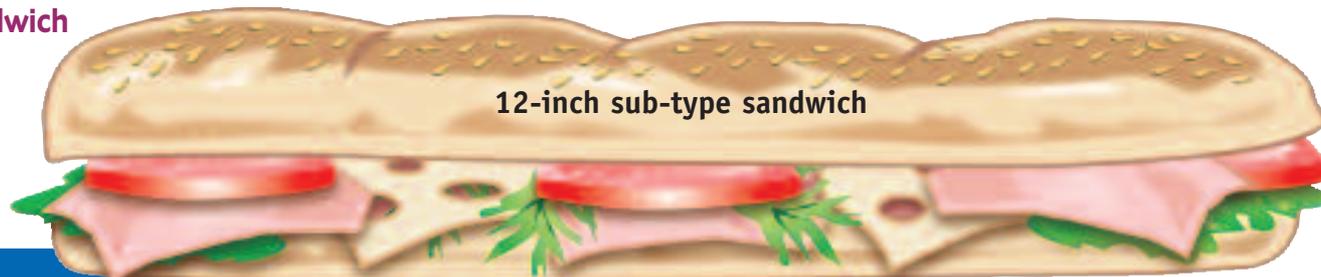
Are you very active? You may need more servings from all food groups.

NUMBER OF SERVINGS EACH DAY		FOOD GROUP	WHAT ONE FOOD GUIDE SERVING LOOKS LIKE		
Female 13-18 years	Male 13-18 years				
2 servings	2 to 3 servings	Meats and Alternatives	Cooked fish, poultry, lean meat, wild meat 75 g (2.5 oz) = 1 hockey puck 	Cooked fish, poultry, lean meat, wild meat, diced 125 mL (1/2c) = 1 hockey puck 	Cooked legumes such as beans or lentils 175 mL (3/4 c) = 1 tennis ball 
			Tofu 175 mL (3/4 c) = 1 deck of cards 	Peanut butter 30 mL (2 Tbsp) = 2 AA batteries 	Nuts and seeds 60 mL (1/4 c) = 2 ping pong balls 
Limit fat intake to 30-45 mL 2 to 3 Tbsp unsaturated fat a day from all food sources 3 tsp = 1 Tbsp		1 serving is: Non-hydrogenated margarine/oil 5 mL (1 tsp) = 1 quarter 	1 serving is: Salad dressing 25 mL (1 1/2 Tbsp) = 1 1/2 AA battery 	Nutrition Facts: 4 g fat = 1 tsp fat	

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)



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.