



Healthy Portions

Canada's Food Guide recommends a specific number of servings from each of the four food groups, depending on your age and gender.



A **servings** is a set amount of food according to [Canada's Food Guide](#).

A **portion** is the amount of food you eat at one sitting. Portions of packaged and restaurant foods have increased almost 5 times in the last 20 years!

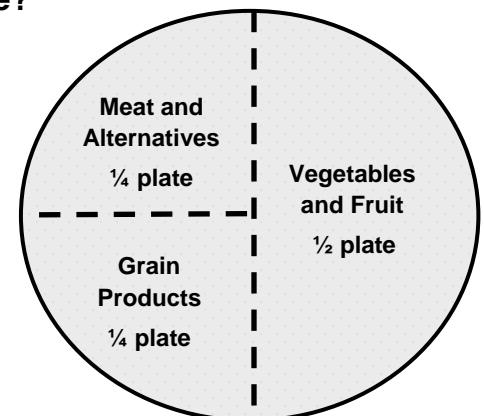
How do I balance my portions at mealtime?

Try using the healthy plate model:

Fill your plate with:

- ½ Vegetables and Fruits,
- ¼ Grain Products (choose whole grains)
- ¼ Meat and Alternatives.

Balance your meal with low fat milk and a piece of fruit for dessert.



For more information on healthy portions, please visit:

<http://www.albertahealthservices.ca/nutrition/Page5623.aspx>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/page2914.aspx>