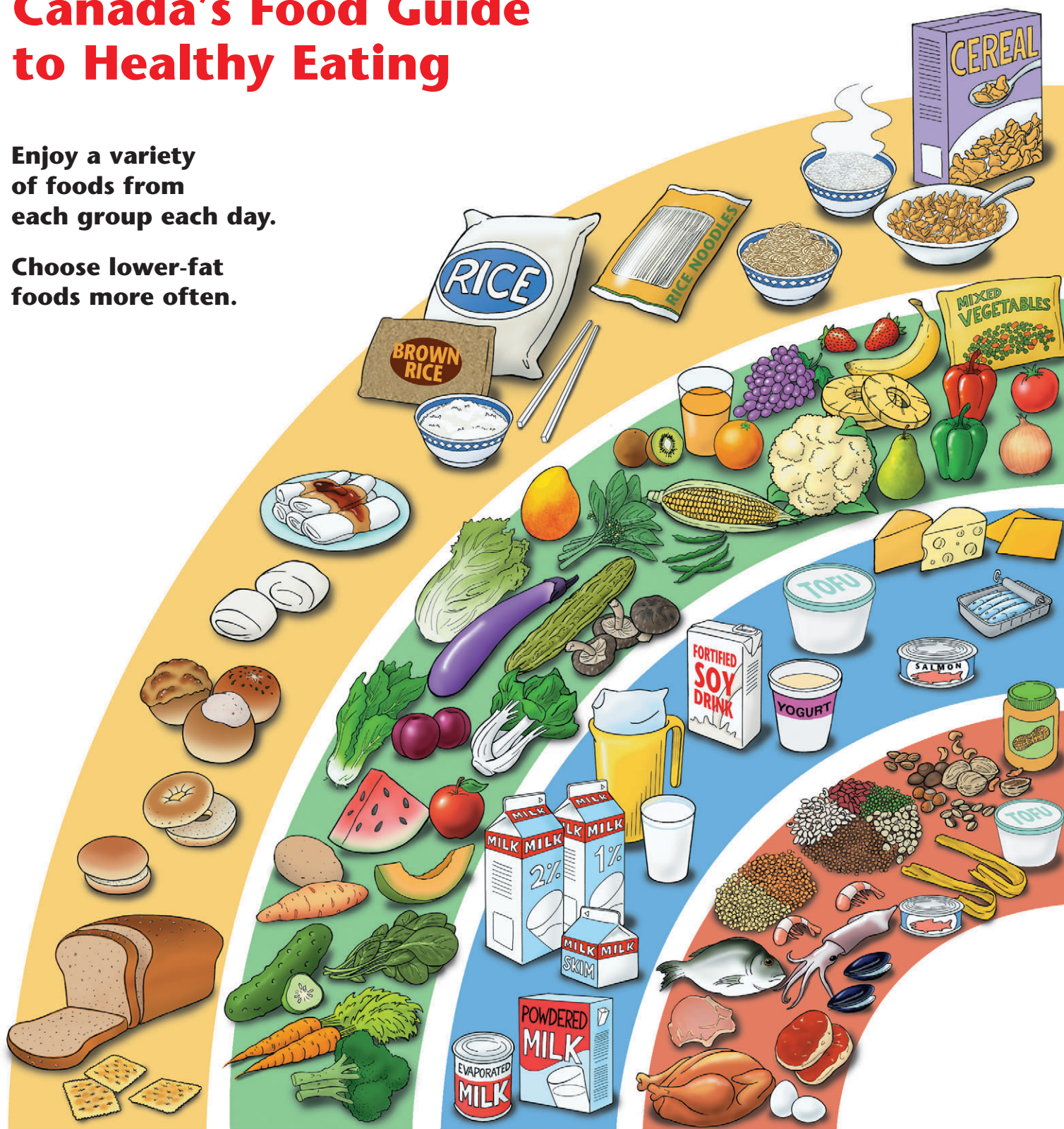


A Chinese Adaptation of Canada's Food Guide to Healthy Eating

Enjoy a variety
of foods from
each group each day.

Choose lower-fat
foods more often.



Grain Products

For energy

Vegetables & Fruit

For healthy skin
and eyes; to help
prevent illness

Milk & Foods High in Calcium

For strong bones
and teeth

Meat, Fish & Foods High in Protein



For growth, for
healthy blood and
feeling strong


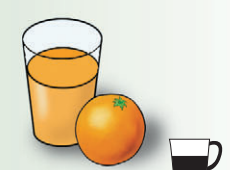
A Chinese Adaptation of Canada's Food Guide to Healthy Eating

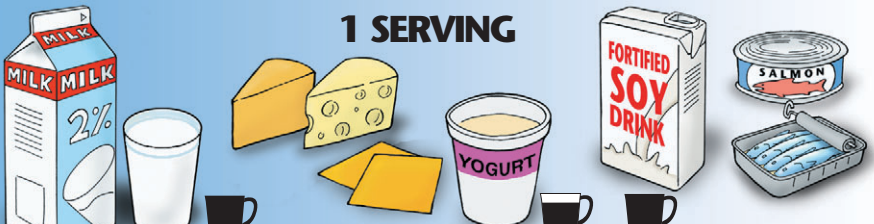
For People Four Years and Over

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.

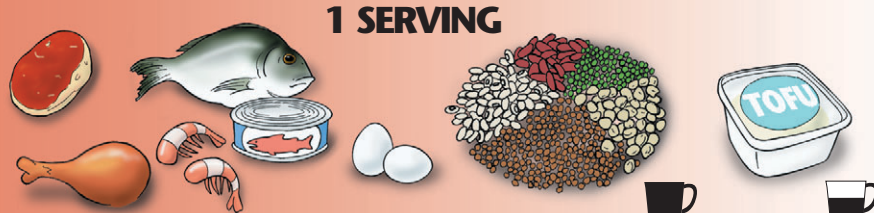
Grain Products 5-12 SERVINGS PER DAY	1 SERVING 		2 SERVINGS 	
	1 Slice Bread Cold Cereal 30 g 3/4 cup	Hot Cereal 175 mL 3/4 cup	1 Hong Kong Style Bun or 2 White Rolls	Pasta or Rice 250 mL 1 cup

Vegetables & Fruit 5-10 SERVINGS PER DAY	1 SERVING 			
	1 Medium Size Vegetable or Fruit	Vegetables or Fruit, Fresh, Frozen or Canned 1/2 cup		Juice 125 mL 1/2 cup

Milk & Foods High in Calcium SERVINGS PER DAY Children 4-9 years: 2-3 Youth 10-16 years: 3-4 Adults: 2-4 Pregnant & Breastfeeding Women: 3-4	1 SERVING 			
	250 mL 1 cup	Cheese 50 g	175 g 3/4 cup	250 mL 1 cup

Other Foods

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Consume fats, sweets and alcohol in moderation.

Meat, Fish & Foods High in Protein 2-3 SERVINGS PER DAY	1 SERVING 			
	Meat, Poultry, Fish or Seafood 50-100 g	1-2 Eggs	Cooked Beans and Lentils 125-250 mL 1/2 - 1 cup	100 g 1/3 cup

Enjoy eating well, being active and feeling good about yourself.



- 1) These Guides have been sponsored by the Ontario Women's Health Council. The Council is fully funded by the Ontario Ministry of Health and Long-Term Care. The Guides do not necessarily reflect endorsement by the Ministry of Health and Long-Term Care.
- 2) Adapted from Canada's Food Guide to Healthy Eating for People Four Years and Over, Health Canada, 1992. Minister of Public Works and Government Services Canada, 2002. Health Canada does not assume the responsibility for any errors and omissions which may occur during translation.
- 3) Developed with the assistance of Registered Dietitians at the South Riverdale Community Health Centre, Toronto.