Advising for different ages and stages...

Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing folic acid every day. Pregnant women need to ensure that their multivitamin also contains iron. A health care professional can help you find the multivitamin that’s right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Examples:

- Have fruit and yogurt for breakfast and an extra slice of whole-grain bread for lunch.
- Add an extra glass of milk at supper.
- Enjoy an extra 250 mL (1 cup) mixed broccoli, corn and brussel sprouts as a side dish at dinner.

Men and women over 50

The need for vitamin D increases after the age of 50. In addition to following Canada’s Food Guide, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

Be active

To stay active every day is a step towards better health and a healthy body weight.

Canada’s Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don’t have to do it all at once. Add it up in portions of at least 10 minutes a day in crises for children and youth.

Eat well

Another important step towards better health and a healthy body weight is to follow Canada’s Food Guide by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, shredded chicken and rice, canned fruit and vegetables, french fries, potato chips, sweetened hot and cold drinks, and sweetened pastries, soft drinks, sports and energy drinks, and sugared or fruit drinks.
- Comparing the Nutrition Facts table on food labels to choose foods that contain less fat, sugar, sodium, and cholesterol.
- Keeping in mind the calories and nutritional values for the amount of food found at the top of the Nutrition Facts Table.

Limit trans fats

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in fat, sodium, and trans fats.

Read the label

- Check the Nutrition Facts table on food labels to choose products that contain less fat, sugar, sodium, and trans fats.
- Keep in mind that the calories and nutritional values for the amount of food found at the top of the Nutrition Facts Table.

For more information, interactive tools, or additional copies visit Canada’s Food Guide on-line at: www.healthcanada.gc.ca/foodguide or contact: Publications Health Canada Ottawa, Ontario K1A 0K9

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Nutrition Facts

<table>
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<th>Amount</th>
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<tr>
<td>Protein</td>
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<tr>
<td>Carbohydrate</td>
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<tr>
<td>Saturates</td>
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</tbody>
</table>

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of diseases.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.
- Lower risk of disease.
- Feeling and looking better.
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- Stronger muscles and bones.

Take a stop today...

- Have breakfast every day. It may help control your hunger throughout the day.
- Walk wherever you can – get off the bus early, use the stairs.
- Bring fresh fruits and vegetables and fruit at all meals and snacks.
- Spend less time being inactive such as watching TV or playing computer games.

Eating well with Canada’s Food Guide

Eating well means choosing foods that provide your body with the nutrients and energy it needs. You can do this by following Canada’s Food Guide. This guide helps you eat well at every meal and as snacks.

Food Guide Servings

- 2.5 cups (600 mL) of milk and alternatives such as 1% milk, soymilk, fortified fruit and vegetable juice.
- 2 cups (500 mL) of vegetables and fruit (including juices).
- 1 1/2 cups (375 mL) of grain products.
- 5 teaspoons (25 mL) of oil.
- 1 teaspoon (5 mL) of salt.

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Children

Following Canada’s Food Guide helps children grow and thrive.

Young children have small appetites and need smaller servings for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.

Eat well and be active today and every day!

How do I count Food Guide Servings in a meal?

Here is an example:

- 250 mL (1 cup) mixed broccoli, corn and brussel sprouts = 2 Vegetable and Fruit Food Guide Servings.
- 1/2 cup (125 mL) 1% milk = 1 Milk and Alternatives Food Guide Servings.
- 1 apple = 1 Vegetable and Fruit Food Guide Serving.
- 2 slices whole-grain bread = 1 Grain Products Food Guide Serving.
- 1 tablespoon (15 mL) canola oil = 1 1/2 Oils and Fats Food Guide Servings.

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The benefits of eating well and being active include:

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Eating out to help you make healthier choices.

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