

LINE MASTER 2-5 ■ FOOD GROUP GUIDE

Recommended number of Food Guide servings per day:

Food Group	Children			Teens		Adults			
	2-3 years	4-8 years	9-13 years	14-18 years		19-50 years		51+ years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

Eating Well with Canada's Food Guide: How Much Food You Need Every Day, Health Canada, 2007, reproduced with the permission of the Minister of Public Works and Government Services Canada, 2007.

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