

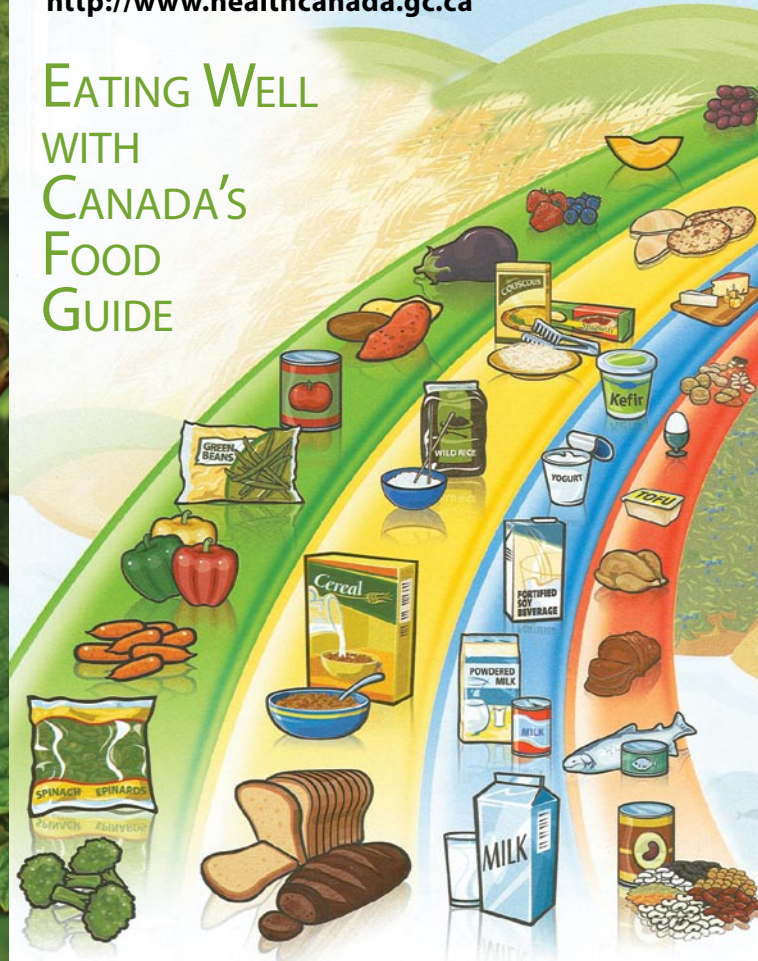
Eat at least  
**1** dark green and  
**1** orange vegetable  
each day.

Choose vegetables  
and fruit prepared  
with little or no added  
fat, sugar or salt.

Have vegetables  
& fruit more often  
than juice.

<http://www.healthcanada.gc.ca>

EATING WELL  
WITH  
CANADA'S  
FOOD  
GUIDE



# Vegetables & Fruit

HEALTHYWORKPLACE



<http://www.gov.ns.ca/psc/healthyworkplace>

## What is **1** Food Guide Serving?

Fresh, frozen or  
canned vegetables  
= 1/2 cup

Leafy vegetables  
= cooked 1/2 cup or raw 1 cup

Fresh, frozen or canned fruits  
= 1 fruit or 1/2 cup

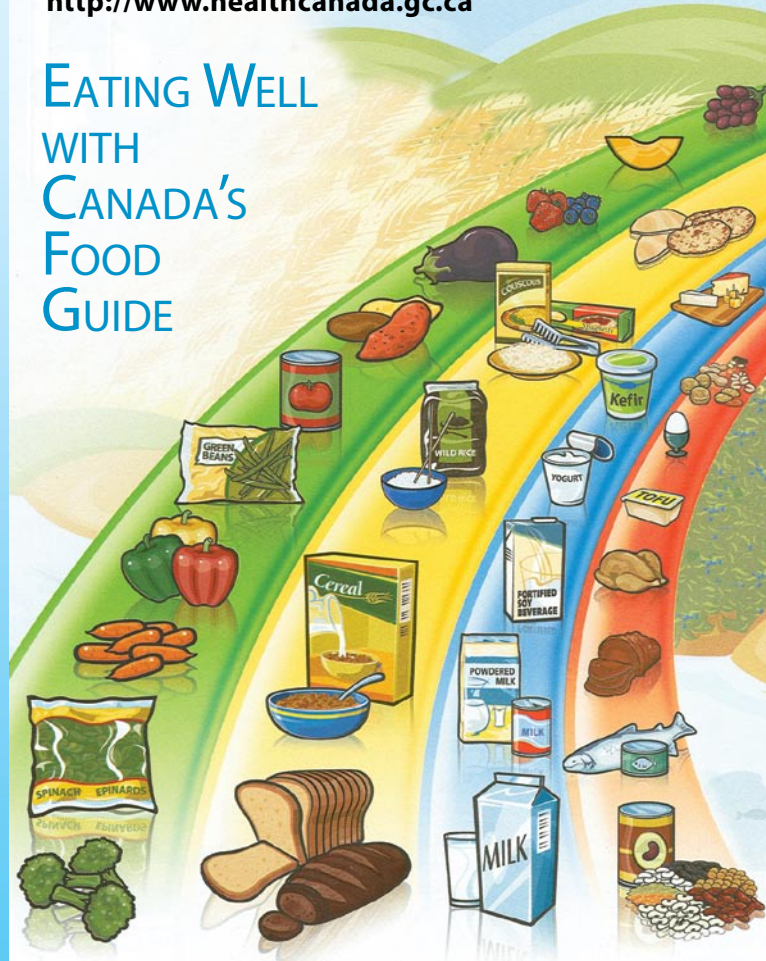
100% Juice = 1/2 cup





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# Milk & Alternatives

HEALTHYWORKPLACE



<http://www.gov.ns.ca/psc/healthyworkplace>

Drink skim,  
1%, or 2% milk  
each day.

Select lower fat  
milk alternatives.



## What is 1 Food Guide Serving?

Milk or powdered milk  
(reconstituted)  
= 1 cup

Canned milk (evaporated)  
= 1/2 cup

Fortified soy beverage  
= 1 cup

Yogurt = 3/4 cup

Kefir = 3/4 cup

Cheese = 1 1/2 oz



Fold on dotted line.

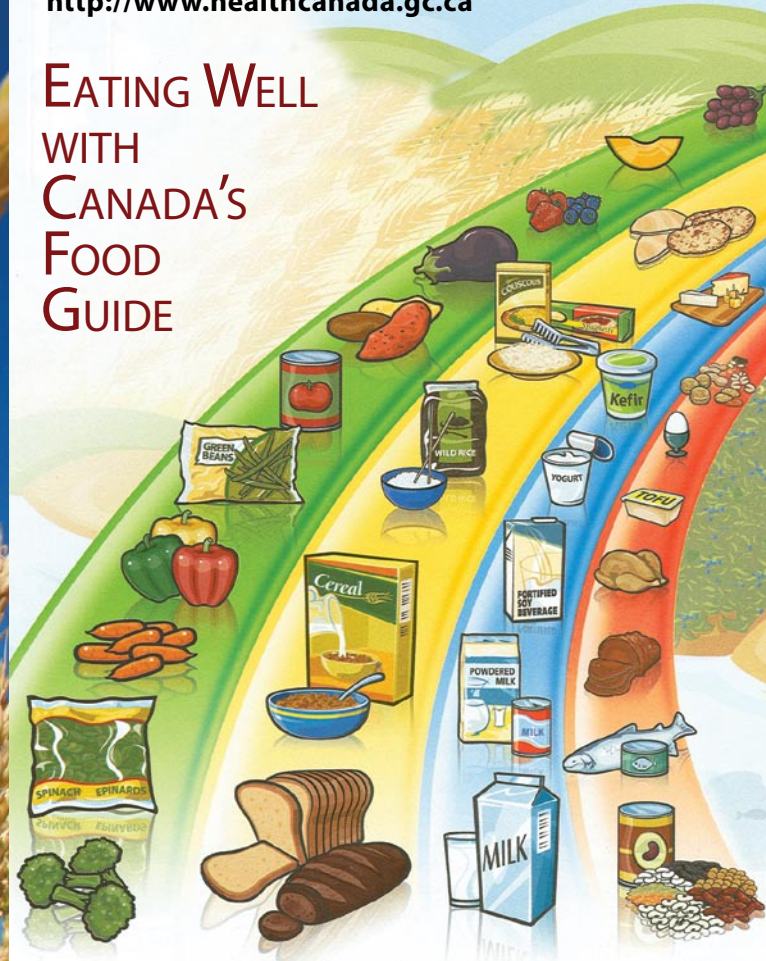
Fold on dotted line.

Make at least half  
of your grain products  
whole grain  
each day.

Choose grain products  
that are lower in  
fat, sugar, or salt.

<http://www.healthcanada.gc.ca>

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# Grain Products

HEALTHYWORKPLACE



<http://www.gov.ns.ca/psc/healthyworkplace>

## What is 1 Food Guide Serving?

Bread = 1 slice

Bagel = 1/2 bagel

Flat breads = 1/2 pita or tortilla

Cooked rice,  
bulgur or quinoa  
= 1/2 cup

Cereal = cold 30g or hot 1/2 cup

Cooked pasta or couscous  
= 1/2 cup

