

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or
canned fruits
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup)



Bread
1 slice (35 g)



Bagel
½ bagel (45 g)



Flat breads
½ pita or ½ tortilla (35 g)



Cooked rice,
bulgur or quinoa
125 mL (½ cup)



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)



Cooked pasta
or cous-cous
125 mL (½ cup)



Milk or powdered
milk (reconstituted)
250 mL (1 cup)



Canned milk
(evaporated)
125 mL (½ cup)



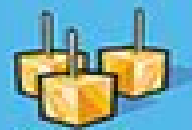
Fortified soy
beverage
250 mL (1 cup)



Yogurt
175 g
(¾ cup)



Kefir
175 g
(¾ cup)



Cheese
50 g (1½ oz.)



Cooked fish, shellfish,
poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
50 g or
175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts
and seeds
60 mL (¼ cup)

Oils and Fats

- Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Serving Sizes Canadas Food Guide

Judd E. Hollander



Serving Sizes Canadas Food Guide:

The book delves into Serving Sizes Canadas Food Guide. Serving Sizes Canadas Food Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Serving Sizes Canadas Food Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Serving Sizes Canadas Food Guide
 - Chapter 2: Essential Elements of Serving Sizes Canadas Food Guide
 - Chapter 3: Serving Sizes Canadas Food Guide in Everyday Life
 - Chapter 4: Serving Sizes Canadas Food Guide in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Serving Sizes Canadas Food Guide. This chapter will explore what Serving Sizes Canadas Food Guide is, why Serving Sizes Canadas Food Guide is vital, and how to effectively learn about Serving Sizes Canadas Food Guide.
 3. In chapter 2, the author will delve into the foundational concepts of Serving Sizes Canadas Food Guide. This chapter will elucidate the essential principles that need to be understood to grasp Serving Sizes Canadas Food Guide in its entirety.
 4. In chapter 3, the author will examine the practical applications of Serving Sizes Canadas Food Guide in daily life. This chapter will showcase real-world examples of how Serving Sizes Canadas Food Guide can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Serving Sizes Canadas Food Guide in specific contexts. This chapter will explore how Serving Sizes Canadas Food Guide is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Serving Sizes Canadas Food Guide. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Serving Sizes Canadas Food Guide.

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