

CANADA FOOD GUIDE

FRUITS AND VEGETABLES

- Eat at least one dark green and one orange vegetable every day.
- Go for dark green vegetables like broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.
- Enjoy vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables steamed, baked or stir-fried instead of deep fried.
- Have vegetables and fruit more often than juice.

Recommended Number of Food Guide servings per day – Canada Food Guide

Food group	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 years		19-50 years		51+ years	
	girls & boys			female	male	female	male	female	male
Vegetables and fruit	4	5	6	7	8	7-8	8-10	7	7

Examples of one Food Guide serving:

- 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100 per cent juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit