

Food Guide for Healthy Eating

1. Noun
2. Location
3. Plural Noun
4. Plural Noun
5. Plural Noun
6. Number
7. Adjective
8. Adjective
9. Plural Noun

Food Guide for Healthy Eating

The food guide advises consumption from four food groups: Grain products, vegetables and fruit, _____ Noun _____ products, and meat and alternatives. Any foods not accurately described by these food groups are termed other, and are advised to be consumed in _____ Location _____.

For example, people should aim to have these numbers of servings, according to the Food Guide:

* 7-8 _____ Plural noun _____ and _____ Plural noun _____

* 6-7 grain products

* 2 milk and _____ Plural noun _____

* _____ Number _____ meat and alternatives

* 30 - 45 mL (2 to 3 Tbsp) of unsaturated oils and fats

Depending on one's age and activity level they can aim to consume a number of servings per food group that is

high or low in the range provided. For example, _____ Adjective _____ teenagers could aim for higher numbers

whereas _____ Adjective _____ Plural noun _____ could choose a number of servings that are lower in the range.