



The Plate Mate™

A tasty guide to healthy eating

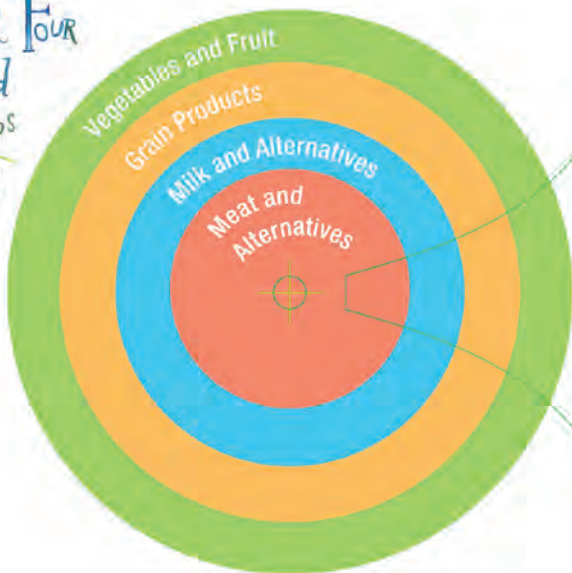


Healthy Eating Starts here

Want to know what to eat to meet your nutrient needs, maintain a healthy weight, and improve your health and well-being? Get your copy of *Canada's Food Guide* at www.healthcanada.gc.ca/foodguide and use our handy tool as a daily reference.

Start with the wheel below. Just turn the outer circle until your gender and age appears. Voila! The recommended daily number of Food Guide servings line up for easy reference.

The Four
Food
Groups
Wheel



Turn the Daily Servings Tracker mini wheels **on your right** to keep track of what you eat. It's a great way to see if you meet your daily recommended Food Guide servings.

Vegetables
and Fruit

Grain
Products

Milk and
Alternatives

Meat and
Alternatives



Be physically active every day!

Make physical activity part of your daily routine. For adults, just 30 to 60 minutes a day, depending on the intensity of the activity, contributes to good health and maintaining a healthy weight. You can even break the activity up into 10 minute periods. Start slowly... and build up.

Children and youth need to aim for at least 90 minutes of physical activity daily, added up in periods of at least 5 minutes.

Plan for a variety of activities from each category:



Improve Endurance

Continuous activities help you keep your heart, lungs and circulatory system healthy.

- Cycling
- Walking
- Dancing
- Continuous swimming
- Skating



Maintain Flexibility

To keep your muscles relaxed and your joints mobile, do things that require gentle reaching, bending and stretching.

- Tai chi
- Gardening
- Curling
- Stretching routines
- Yoga



Build Strength

Keep your bones and muscles strong and your posture good by doing resistance exercises.

- Climbing stairs
- Lifting and carrying groceries
- Weight/strength training routines
- Heavy yard work

Every minute of physical activity in your day counts!

Know Yourself

Following the number of Food Guide servings will help you get all the nutrients you need to stay healthy. If you're sedentary, it also covers your calorie needs. If you need more calories because, for example, you are pregnant, breastfeeding or more physically active, simply add more servings of food from the four food groups.

Tip: Snack on yogurt and fruit, cheese and raw veggies, or a glass of milk and a few nuts to meet your additional calorie needs.



125 ml
(1/2 cup)

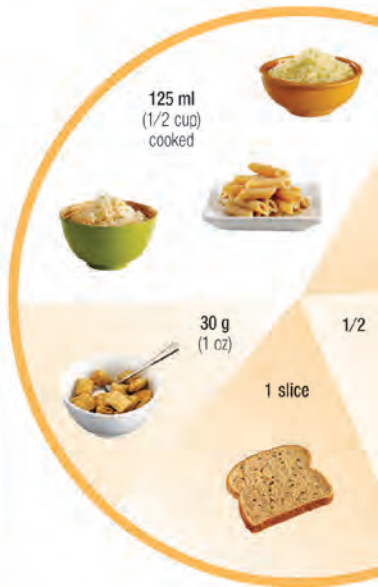
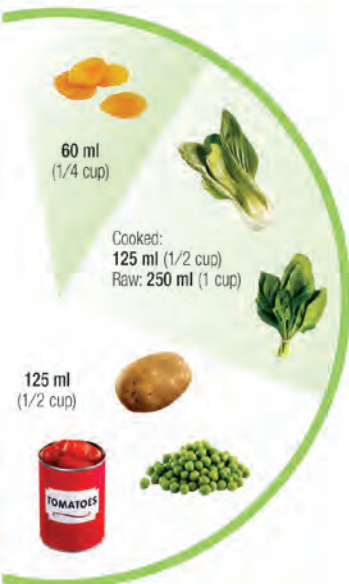


Pro-portion it

Knowing and recognizing a Food Guide serving is key to meeting all your needs and maintaining a healthy weight. What is one Food Guide serving? Check Food Group circles to see examples of common Food Guide servings.

Find it difficult to eyeball how much of a food is on your plate? Compare food quantities to the size of these everyday objects to help you, or use measuring cups a few times until you become a good estimator of a Food Guide serving.

Vegetables and Fruit



Grain Products

Sizing up

A tennis ball



125 ml
1/2 cup

A deck of cards



75 g
2 1/2 oz meat

A golf ball



30 ml
2 tablespoons

Two erasers



50 g
1 1/2 oz cheese

175 ml
(3/4 cup)
cooked



200 ml

175 g
(175 ml, 3/4 cup)



50 g
(1 1/2 oz)



250 ml
(1 cup)



125 ml
(1/2 cup)

Milk and Alternatives

AnyThing Else?

Certain foods that are rich in calories, fat, sugar or salt should only be enjoyed occasionally, whether or not they are found in the Food Guide. These include foods such as cookies, chips, candy bars, fries, cakes, pastries, commercial muffins, alcohol and sweet drinks.

Fats provide essential nutrients. Include a small amount of unsaturated fat in your diet each day—about 30 to 45 ml or 2 to 3 tbsp. This includes the oil used in cooking and food preparation, salad dressings, mayonnaise and non-hydrogenated margarine.

Meat and Alternatives





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