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| **Food Group** | **Servings** | **Compare to Directive (servings & guiding factors)** | **Identified strength/weakness** |
| **Fruits & Vegetables** | **6 Servings :**  ½ cup of broccoli  1 tomato  1 cup of eggplant  1 cup of romaine lettuce  ½ cup of cucumber  ½ of an avocado | * **7-8 servings** * Eat at least one dark green and one orange vegetable each day. * Go for dark green vegetables such as broccoli, romaine lettuce, and spinach. * Go for orange vegetables such as carrots, sweet potatoes, and winter squash. * Choose vegetables and fruit prepared with little or no added fat, sugar or salt. * Enjoy vegetables steamed, baked or stir-fried instead of deep fried. * Have vegetables and fruit more often than juice. | **Strengths:**  -Having broccoli and romaine lettuce  -Eating vegetables with little salt and no sugar or added fats.  -Eating vegetables raw instead of deep fried.  **Can Improve:**  -Add orange coloured vegetables/fruits |
| **Grain Products** | **3.5 Servings:**  ½ cup of cereal  ½ of wheat thins  ½ cup of unsalted soda crackers  ¼ cup of bread crumbs | * **6-7 servings** * Make at least half of your grain products whole grain each day. * Eat a variety of whole grains such as barley,  brown rice, oats, and quinoa and wild rice. * Enjoy whole grain breads, oatmeal and whole wheat pasta. * Choose grain products that are low in fat, sugar or salt. * Compare the [Nutrition Facts](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/grain-cereal/tips-trucs-eng.php#read) table on labels to make wise choices. * Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts. | **Strengths:**  **-**Enjoy the true taste of grain product, no added sauces or spreads  **Can Improve:**  **-**Add more servings to my diet  **-**Add whole grains variety such as barley, brown rice, oats, and quinoa and wild rice.  - By replacing soda cracker with a grain product that is low in fat |
| **Milk & Alternatives** | **2 Servings:**  1 cup of 1% skimmed chocolate milk  30g mozzarella cheese | * **2 servings** * Drink skim, 1% or 2% milk each day. * Have 500 mL (2 cups) of milk every day for adequate vitamin D. * Drink fortified soy beverages if you do not drink milk. * Select lower fat milk alternatives. * Compare the [Nutrition Facts](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/milk-lait/tips-trucs-eng.php#read) table on yogurts or cheeses to make wise | **Strengths:**  **-**Skim milk chosen over 2%  **Can Improve:**  -More servings  -Have 2 cups of milk everyday for adequate vitamin d |
| **Meat & Alternatives** | **3 Servings:**  2.5oz chicken breast  2 eggs  1 cup of melange of beans | * **2 servings** * have meat alternatives such as beans, lentils and tofu often. * Eat at least two Food Guide Servings of fish each week. * Choose fish such as char, herring, mackerel, salmon, sardines and trout. * Select lean meat and alternatives prepared with little or no added fat or salt. * Trim the visible fat from meats. Remove the skin on poultry. * Use cooking methods such as roasting, baking or poaching that require little or no added fat. * If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat. | **Strengths:**  -eating meat alternatives such as beans and lentils  -Meet weekly requirements of fish serving  **Can Improve:**  -No improvement needed |
| **Oils & Fats** | 30 ml olive oil | * There are different types of fats in foods including saturated, unsaturated and trans fats. Choosing the right amount and types of oils and fats can lower your risk of developing certain diseases such as heart disease. For good health, include a small amount of unsaturated fat and limit the amount of saturated and trans fat in your day. | **Strength:**  -The use of olive oil  **Can Improve:**  -No improvement needed |

Health Canada. (February 5, 2007). Choosing Foods. In Health Canada. Retrieved October 30, 2012, from http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/index-eng.php.