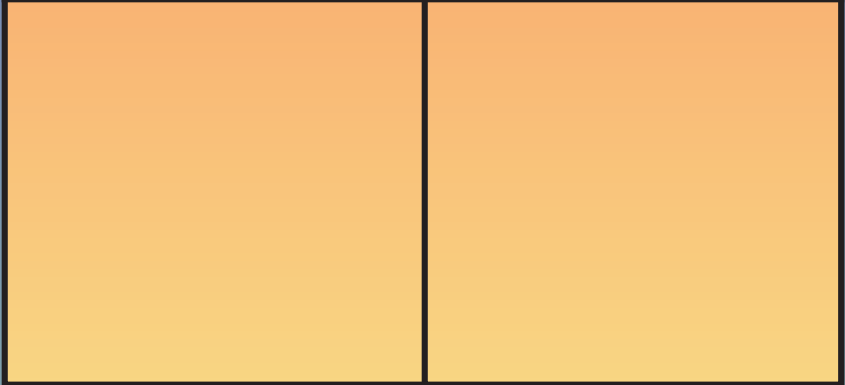




Bannock, Bread, Cereal, Rice & Pasta

5-10 servings per day
Choose whole grain products often



What is a Serving?

- This side of the guide shows examples of what a serving size is for different foods.
- Knowing what a serving is can help you make sure you are getting enough servings per day from each food group.

How do I know how many servings I need?

- The amount of food you need everyday from the four food groups depends on your age, body size, activity level, whether you are male or female or if you are pregnant or breastfeeding.
- That is why this guide gives you a lower and a higher number of servings for most food groups.
- For example, young children can choose the lower number of servings, while male teenagers can choose the higher number. Most other people can choose somewhere in between.

For good health, choose low-fat foods and cooking methods.

For good health, enjoy activity as part of your everyday life.