

# PART 3 :

# THE CANADIAN FOOD GUIDE...

## Recommended Number of Food Guide Servings per Day

Age/Year Sex	Children 11-18		Teens 19-24		Adults 25+			
	11-18	19-24	Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4-5	6	7-8	8-10	7	7		
Grain Products	3-4	5-6	6-7	8	6-7	8	6-7	
Milk and Alternatives	2	2-3	3-4	2	2	3	3	
Meat and Alternatives	1-2	2-3	2-3	2-3	2-3	2-3		

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

## What is One Food Guide Serving?

Look at the examples below.

 <p>Fresh, frozen or canned vegetables 175 ml (3/4 cup)</p>	 <p>Leafy vegetables Cooked: 125 ml (1/2 cup) Raw: 200 ml (1 cup)</p>	 <p>Fresh, frozen or canned fruits 1 fruit or 125 ml (1/2 cup)</p>	 <p>100% Juice 125 ml (1/2 cup)</p>		
 <p>Bread 1 slice (25 g)</p>	 <p>Rogal 1 (30 g)</p>	 <p>Flat breads 1 slice or 1/2 tortilla (25 g)</p>	 <p>Cooked rice, bulgur or quinoa 125 ml (1/2 cup)</p>	 <p>Cereal Cooked: 250 ml (1 cup) Dry: 175 ml (3/4 cup)</p>	 <p>Cooked pasta or cereals 125 ml (1/2 cup)</p>
 <p>Milk or powdered milk (non-fat) 250 ml (1 cup)</p>	 <p>Canned milk (non-fat) 125 ml (1/2 cup)</p>	 <p>Fortified soy beverage 250 ml (1 cup)</p>	 <p>Yogurt 175 g (3/4 cup)</p>	 <p>Milkshake 175 g (3/4 cup)</p>	 <p>Cheese 30 g (1 oz)</p>
 <p>Cooked fish, poultry, lean meat 75 g (3 oz)</p>	 <p>Cooked legumes 175 ml (1/2 cup)</p>	 <p>Egg 1 (50 g)</p>	 <p>Egg 1 (50 g)</p>	 <p>Peanut or seed butter 25 ml (1 Tbsp)</p>	 <p>Dried nuts and seeds 25 ml (1 Tbsp)</p>

# Canadian Guide To Healthy Eating

**Lori Waite Turner, Eleanor Noss  
Whitney**



## **Canadian Guide To Healthy Eating:**

**Implementing Dietary Guidelines for Healthy Eating** Verner Wheelock,1997 During the last 50 years there have been significant advances in the understanding of the relationship between diet and health In particular we now have an appreciation of the role of nutrition in the development of cardiovascular diseases Nutrition Paul M. Insel,R. Elaine Turner,Don Ross,2004 Nutrition is unique in its behavioral approach challenging students to actively participate not just memorize the material Offering a balanced coverage of behavioral change and the science of nutrition Discovering Nutrition Paul M. Insel,R. Elaine Turner,Don Ross,2006 This second edition has been updated by include MyPyramid and the 2005 Dietary Guidelines as well as coverage of material such as digestion metabolism chemistry and life cycle nutrition

**Discovering Nutrition** Dr. Paul Insel,Don Ross,Melissa Bernstein,Kimberley McMahan,2015-03-16 Written for non majors Discovering Nutrition Fifth Edition introduces students to the fundamentals of nutrition with an engaging and personalized approach The text focuses on teaching behavioral change personal decision making and up to date scientific concepts in a number of innovative ways Students will learn practical consumer based nutrition information using the robust interactive learning tools and study aids highlighted throughout the text The Fifth Edition incorporates a new feature Culture Corner which introduces individuals within a variety of cultures and discusses their nutritional customs and behaviors It also examines the latest discoveries and dietary guidelines and empahsises how our nutritional behaviors influence lifelong personal health and wellness Important Notice The digital edition of this book is missing some of the images or content found in the physical edition *Elsevier's Canadian Comprehensive Review for the NCLEX-RN Examination - E-Book* Linda Anne Silvestri,Angela Silvestri,2021-06-14 Prepare for success on the NCLEX RN exam with the review book written for Canadian nursing students Elsevier s Canadian Comprehensive Review for the NCLEX RN Examination 2nd Edition provides everything you need to prepare for the NCLEX exam complete content review and more than 5 000 NCLEX examination style questions in the book and online Proving that not all NCLEX exam review books are the same only this book includes the kinds of questions that consistently test the critical thinking skills needed to pass today s NCLEX exam In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question From Canadian editors Patricia Bradley and Karin Page Cutrara and NCLEX review experts Linda Anne Silvestri and Angela Silvestri this edition integrates Canadian approaches to nursing making this the only comprehensive review text written from a fully Canadian perspective It s THE book of choice for NCLEX preparation More than 5 000 practice questions in the text and online offer ample testing practice UNIQUE Detailed test taking strategy and rationale is included for each question offering clues for analyzing and uncovering the correct answer option UNIQUE Priority Nursing Action boxes provide information about the steps you will take in clinical situations requiring clinical judgement and prioritization UNIQUE Pyramid Points icons indicate important information identifying content that typically appears on the NCLEX RN examination

UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts UNIQUE Priority Concepts two in each chapter discuss important content and nursing interventions New graduate s perspective is offered on how to prepare for the NCLEX RN in addition to nonacademic preparation the CAT format and test taking strategies Mnemonics are included to help you remember important information 75 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan Practice questions on delegation prioritization and triage disaster management emphasize these areas on the NCLEX exam Companion Evolve website provides 25 new Next Generation NCLEX NGN style questions plus all alternate item format questions including multiple response prioritizing ordered response fill in the blank figure illustration hot spot chart exhibit video and audio questions Question categories on Evolve are organized by cognitive level client needs area integrated process and content area allowing completely customizable exams or study sessions UNIQUE Audio review summaries on Evolve cover pharmacology acid base balance and fluids and electrolytes

**Edelman and Kudzma's Canadian Health Promotion Throughout the Life Span - E-Book** Shannon Dames,Marian Luctkar-Flude,Jane Tyerman,2020-07-23 Learn the ins and outs of health promotion and disease prevention in Canada with Edelman and Kudzma s Canadian Health Promotion Throughout the Life Span This all new comprehensive text grounds you in the Canadian health objectives for promotion and prevention which aims to improve the health of the entire population and to reduce health inequities among population groups Among the text s chapters you ll find extensive coverage of growth and development throughout the life span including coverage of the normal aspects the unique problems and the health promotion needs that are found in each age and stage of development Separate chapters discuss each population group the individual the family and the community and highlight the unique aspects of caring for each of these groups In all this comprehensive and culturally relevant text provides all the tools needed to stay up on the latest research and topics in Canadian health promotion

**Journal of the Canadian Dietetic Association** ,1997 **Elsevier's Canadian Comprehensive Review for the NCLEX-RN® Examination - E-Book** Patricia A. Bradley,Karin L. Page-Cutrara,Linda Anne Silvestri,Angela Silvestri,2023-03-28 A truly Canadian edition of Elsevier s best selling NCLEX exam review book Elsevier s Canadian Comprehensive Review for the NCLEX RN Examination 3rd Edition provides everything you need to prepare for the NCLEX exam complete content review more than 5 000 NCLEX practice questions in the book and online and preparation for the Next Generation NCLEX In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question Integrating Canadian approaches to nursing throughout the text this book is the only comprehensive NCLEX review written from a Canadian perspective It s THE book of choice for NCLEX preparation Completely up to date coverage from a Canadian perspective reflects Canadian approaches to nursing and health care including the addition of the latest Canadian statistics research legislation regulations references clinical practice guidelines and more More than 5 000 practice questions in the text and online offer ample testing practice

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outcomes for seniors living with a stroke or dementia Activities and discussion questions at the end of every chapter help you understand the material and apply concepts in clinical situations *Action Towards Healthy Eating--* Canada. Health and Welfare Canada. Communications/Implementation Committee,1990 This report presents comprehensive strategies for communicating and implementing the nutrition recommendations suggested in the report of the Scientific Review Committee including a translation of the updated nutrition recommendations The report contains Canada s guidelines for healthy eating current nutrition practices of the population and gaps between current and recommended practices analysis of existing nutrition activities programs methods and materials that are directed to the public opportunities and challenges for implementation existing infrastructure for implementing Canada s guidelines key examples of current nutrition intervention programs and recommendations for action to nutrition and other health professionals governments food and related industries non governmental health organizations and the public **Instructor's Manual forSizer and Whitney's**

**Nutrition** Lori Waite Turner,Frances Sienkiewicz Sizer,2000 **Nutrition for a Healthy Pregnancy** Canada. Health Canada,1999 Food guide overweight underweight dieting vegetarian energy iron calcium vitamin D breast feeding gestation smoking alcohol substance use poverty violence **Hamilton and Whitney's Nutrition** Frances Sienkiewicz Sizer,Frances Sizer Webb,Eleanor Noss Whitney,1996-12 The Health of Canada's Youth Alan J. C. King,Beverly Coles,Canada. Health and Welfare Canada,1992 The major objective of this international comparative approach to the collection of health related information about young people is to stimulate health promotion and health education activities It examines the use of tobacco alcohol and other drugs exercise and leisure time activities nutrition diet and dental care physical ailments and medication social adjustment and relationships between health risk factors It includes a summary and recommendations

**The Scientific Evidence and Approach Taken to Establish Guidelines for Cholesterol Intake in Australia, Canada, the United Kingdom, and the United States** Catherine J. Klein,2006 **Instructor's Manual to Accompany Understanding Nutrition [by] Eleanor Noss Whitney [and] Sharon Rolfes** Lori Waite Turner,Eleanor Noss Whitney,1993 **Nutrition Essentials for Nursing Practice** Susan G. Dudek,2001 This thoroughly updated comprehensive nutrition text uses a nursing process format to facilitate the integration of nutrition into nursing care It presents coverage of basic nutrition concepts nutrition throughout the life cycle normal and therapeutic clinical application and controversial issues in nutrition Drug Alerts discuss food and drug interactions and list appropriate interventions Special diets and sample menus are displayed to show at a glance modified diets for particular problems Focus is placed on client teaching and sensitive guidance is offered for client needs Numerous tables help to clarify difficult material Included are invaluable appendices such as daily nutritional requirements ADA exchange lists and nutritive food values **Health Reports** ,2009 **Info Source** Canada,2005

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