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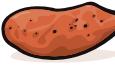
Votre santé et votre  
sécurité... notre priorité.

# Eating Well with *Canada's Food Guide*

**What is a Food Guide Serving of...**

## **Vegetables and Fruit**

### **Dark Green and Orange Vegetables**

	<b>Asparagus</b> 125 mL, 1/2 cup, 6 spears		<b>Mesclun mix</b> 250 mL, 1 cup – raw
	<b>Beans, green</b> 125 mL, 1/2 cup		<b>Mustard greens</b> 250 mL, 1 cup – raw
	<b>Bok choy/Chinese cabbage (Choi sum)</b> 125 mL, 1/2 cup – cooked		<b>Okra</b> 125 mL, 1/2 cup
	<b>Broccoli</b> 125 mL, 1/2 cup		<b>Peas</b> 125 mL, 1/2 cup
	<b>Brussels sprouts</b> 125 mL, 1/2 cup, 4 sprouts		<b>Pepper, sweet, green</b> 125 mL, 1/2 cup, 1/2 medium
	<b>Carrots</b> 125 mL, 1/2 cup, 1 large		<b>Pumpkin</b> 125 mL, 1/2 cup
	<b>Chard</b> 125 mL, 1/2 cup		<b>Seaweed</b> 125 mL, 1/2 cup
	<b>Dandelion greens</b> 250 mL, 1 cup – raw		<b>Snow peas</b> 125 mL, 1/2 cup
	<b>Edamame (soy beans)</b> 125 mL, 1/2 cup		<b>Spinach</b> 250 mL, 1 cup – raw
	<b>Endive</b> 250 mL, 1 cup		<b>Squash</b> 125 mL, 1/2 cup
	<b>Fiddleheads</b> 125 mL, 1/2 cup		<b>Sweet potato</b> 125 mL, 1/2 cup
	<b>Kale/collards</b> 250 mL, 1 cup – raw		<b>Yam</b> 125 mL, 1/2 cup
	<b>Leeks</b> 125 mL, 1/2 cup, 1/2 leek		<b>Zucchini</b> 125 mL, 1/2 cup
	<b>Lettuce, romaine</b> 250 mL, 1 cup – raw		

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## What is a Food Guide Serving of...

### More Vegetables and Fruits

Some orange coloured fruit can be substituted for an orange vegetable. See the fruit marked with an asterisks (\*)

 <b>Apple</b> 1 medium	 <b>Eggplant</b> 125 mL, ½ cup	 <b>Pear</b> 1 medium
 <b>Apricot, fresh *</b> 3 fruits	 <b>Fig, fresh</b> 2 medium	 <b>Peppers, bell</b> 125 mL, ½ cup, ½ medium
 <b>Avocado</b> ½ fruit	 <b>Fruit juice</b> 125 mL, ½ cup	 <b>Pineapple</b> 125 mL, ½ cup, 1 slice
 <b>Bamboo shoots</b> 125 mL, ½ cup	 <b>Grapefruit</b> ½ fruit	 <b>Plantain</b> 125 mL, ½ cup
 <b>Banana</b> 1 medium	 <b>Grapes</b> 20 fruits	 <b>Plum</b> 1 fruit
 <b>Beans, yellow</b> 125 mL, ½ cup	 <b>Guava</b> 125 mL, ½ cup, 1 fruit	 <b>Potato</b> 125 mL, ½ cup, ½ medium
 <b>Beets</b> 125 mL, ½ cup	 <b>Honeydew</b> 125 mL, ½ cup	 <b>Radishes</b> 125 mL, ½ cup
 <b>Berries</b> 125 mL, ½ cup	 <b>Kiwi</b> 1 large fruit	 <b>Rhubarb</b> 125 mL, ½ cup
 <b>Bitter melon</b> 125 mL, ½ cup, ½ pod	 <b>Kohlrabi</b> 125 mL, ½ cup	 <b>Tomato</b> 125 mL, ½ cup
 <b>Cabbage</b> 125 mL, ½ cup	 <b>Lettuce (example: iceberg or butterhead)</b> 250 mL, 1 cup – raw	 <b>Tomato sauce</b> 125 mL, ½ cup
 <b>Cantaloupe *</b> 125 mL, ½ cup	 <b>Lychee</b> 10 fruits	 <b>Turnip</b> 125 mL, ½ cup
 <b>Cauliflower</b> 125 mL, ½ cup, 4 flowerets	 <b>Mango *</b> 125 mL, ½ cup, ½ fruit	 <b>Vegetable juice</b> 125 mL, ½ cup
 <b>Celery</b> 1 medium stalk	 <b>Mixed vegetables</b> 125 mL, ½ cup	 <b>Watermelon</b> 125 mL, ½ cup
 <b>Chayote</b> 125 mL, ½ cup	 <b>Mushrooms</b> 125 mL, ½ cup	
 <b>Cherries</b> 20	 <b>Nectarine *</b> 1 fruit	
 <b>Corn</b> 1 ear, 125 mL, ½ cup	 <b>Orange</b> 1 medium	
 <b>Cucumber</b> 125 mL, ½ cup	 <b>Papaya *</b> ½ fruit	
 <b>Dried fruit</b> 60 mL, ¼ cup	 <b>Peach *</b> 1 medium	