

# NMS Nutrition Notes

## **Eating Well With** **— Canada's Food Guide —**

### **A Rainbow Approach**

Did you ever try to follow a rainbow to find a pot of gold? By using Eating Well with Canada's Food Guide you can be one step closer to finding your own pot of gold – a healthy lifestyle! The 4 food groups provide you with the nutrients you need to be healthy. You need foods from each group because each group gives you different nutrients. The four food groups are:

**Vegetables & Fruit**

**Grain Products**

**Milk Products**

**Meat & Alternatives**

Eating the right balance of food groups for your age and gender helps to ensure that you get the right amount of nutrients you need to be healthy. By following Eating Well with Canada's Food Guide you will:

- ✓ enjoy a variety of foods
- ✓ choose whole grain products more often
- ✓ choose lower fat options such as skim or 1% milk
- ✓ be able to maintain a healthy body weight
- ✓ feel good about yourself



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# Food Group Facts

## VEGETABLES & FRUIT

Dark green and orange vegetables and orange fruit are higher than other vegetables and fruit in certain key nutrients like vitamin A and folacin. Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit more often than juice. Juice does not contain the fibre that vegetables and fruit have naturally. Good choices are salads, broccoli, spinach, squash, sweet potatoes, carrots, cantaloupes or orange juice.



*Recommended # Servings/Day	Nutrients Provided	Examples of One Serving
Children: 4-6 Teens: 7-8 Adults: 7-10	fibre folacin vitamin A magnesium carbohydrates	thiamin iron vitamin C
		<ul style="list-style-type: none"><li>• 125 ml (½ cup) fresh, frozen or canned vegetables or fruit</li><li>• 250 ml (1 cup) leafy salad</li><li>• 1 piece of fruit</li><li>• 125 ml (½ cup) 100% juice</li></ul>

## GRAIN PRODUCTS

Grain products provide you with protein, carbohydrates, fibre, and iron. Whole grain products are high in starch and fibre. Try to make at least half of your grains whole grain each day. Good choices are multi-grain breads, brown rice, bran cereal or oatmeal. Choose foods that list one of the following ingredients first: whole wheat, whole oats, whole rye, whole grain corn, brown rice, wild rice, barley, bulgur, or oats. Enriched foods are recommended because they have some vitamins and minerals added back to them.



*Recommended # Servings/Day	Nutrients Provided	Examples of One Serving
Children: 3-6 Teens: 6-7 Adults: 6-8	protein fibre thiamin zinc niacin folacin iron magnesium riboflavin carbohydrates	<ul style="list-style-type: none"><li>• 1 slice (35 g) bread</li><li>• ½ bagel (45 g)</li><li>• ½ pita (35 g)</li><li>• ½ tortilla (35 g)</li><li>• 125 ml (½ cup) cooked rice</li><li>• 125 ml (½ cup) pasta</li><li>• 125 ml (½ cup) couscous</li><li>• 30 g cold cereal</li><li>• 175 ml (¾ cup) hot cereal</li></ul>



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## MILK PRODUCTS

Lower-fat milk products have less fat and Calories, yet still provide the high quality protein and calcium that is essential to healthy eating. Whether it's milk, yogurt, cheese or milk powder, choose the lower-fat option. Look at labels and choose products with a lower %M.F. (Milk Fat) or %B.F. (Butter Fat). Then you can have the refreshing taste of milk products with less fat. Try low fat varieties of your favorite cheese as your cheese of choice. For example, reduced fat feta crumbled on top of a salad often tastes the same as the regular full-fat version of feta.



*Recommended # Servings/Day	Nutrients Provided		Examples of One Serving
Children: 2-4 Teens: 3-4 Adults: 2-3	protein riboflavin vitamin A vitamin B12 magnesium	fat calcium vitamin D zinc	<ul style="list-style-type: none"> <li>• 250 ml (1 cup) milk or fortified soy beverage</li> <li>• 175 g (¾ cup) yogurt</li> <li>• 50 g (1 ½ oz) cheese</li> </ul>

## MEAT AND ALTERNATIVES

Many leaner meats, poultry, fish and seafood choices are available to help you reduce your fat intake without losing important nutrients. Be sure to trim visible fat. Try baking, broiling, roasting or microwaving instead of frying, and drain off extra fat after cooking. Have meat alternatives such as beans, lentils and tofu often. Try dry roasted nuts and seeds without added oils or salt.



*Recommended # Servings/Day	Nutrients Provided		Examples of One Serving
Children: 1-2 Teens: 2-3 Adults: 2-3	protein thiamin niacin vitamin B12 zinc	fat riboflavin folacin iron magnesium	<ul style="list-style-type: none"> <li>• 75 g (2 ½ oz.) or 125 ml (½ cup) of meat, fish, poultry</li> <li>• 175 ml (¾ cup) cooked beans</li> <li>• 2 eggs</li> <li>• 30 ml (2 Tbsp) peanut butter</li> </ul>



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