



The Plate Mate™

A tasty guide to healthy eating

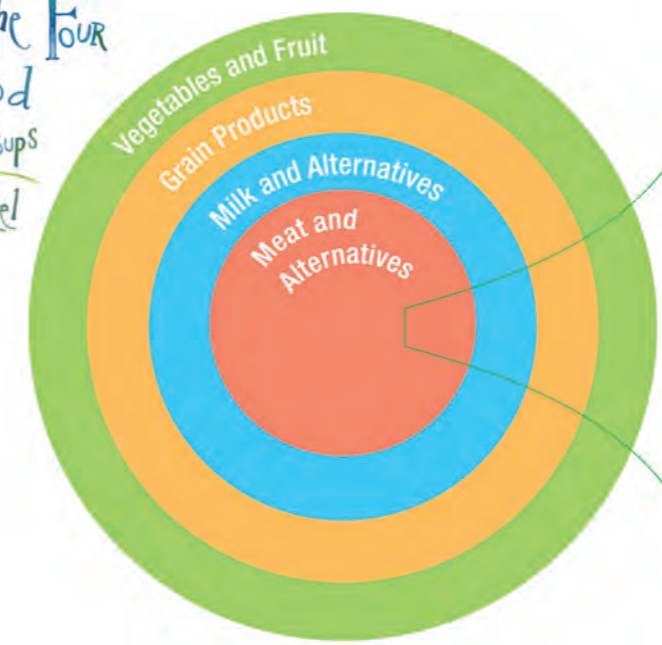


Healthy Eating Starts here

Want to know what to eat to meet your nutrient needs, maintain a healthy weight, and improve your health and well-being? Get your copy of *Canada's Food Guide* at www.healthcanada.gc.ca/foodguide and use our handy tool as a daily reference.

Start with the wheel below. Just turn the outer circle until your gender and age appears. Voila! The recommended daily number of Food Guide servings line up for easy reference.

The Four Food Groups Wheel



Turn the Daily Servings Tracker mini wheels **on your right** to keep track of what you eat. It's a great way to see if you meet your daily recommended Food Guide servings.

Know Yourself

Following the number of Food Guide servings will help you get all the nutrients you need to stay healthy. If you're sedentary, it also covers your calorie needs. If you need more calories because, for example, you are pregnant, breastfeeding or more physically active, simply add more servings of food from the four food groups.

Tip: Snack on yogurt and fruit, cheese and raw veggies, or a glass of milk and a few nuts to meet your additional calorie needs.



125 ml (1/2 cup)



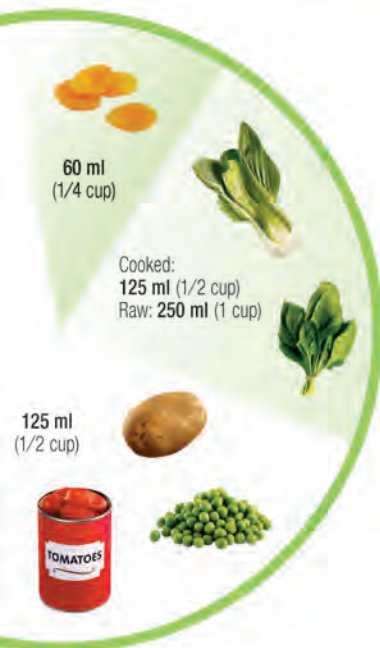
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Pro-portion it

Knowing and recognizing a Food Guide serving is key to meeting all your needs and maintaining a healthy weight. What is one Food Guide serving? Check Food Group circles to see examples of common Food Guide servings.

Find it difficult to eyeball how much of a food is on your plate? Compare food quantities to the size of these everyday objects to help you, or use measuring cups a few times until you become a good estimator of a Food Guide serving.

Vegetables and Fruit



Grain Products

Sizing UP



Milk and Alternatives

Anything Else?

Certain foods that are rich in calories, fat, sugar or salt should only be enjoyed occasionally, whether or not they are found in the Food Guide. These include foods such as cookies, chips, candy bars, fries, cakes, pastries, commercial muffins, alcohol and sweet drinks.

Fats provide essential nutrients. Include a small amount of unsaturated fat in your diet each day—about 30 to 45 ml or 2 to 3 tbsp. This includes the oil used in cooking and food preparation, salad dressings, mayonnaise and non-hydrogenated margarine.

Meat and Alternatives



The Daily servings Tracker

Vegetables and Fruit

Grain Products

Milk and Alternatives

Meat and Alternatives

Be physically active every day!

To improve your health, well-being and quality of life, make physical activity part of your daily routine.

Adults should:

- focus on moderate to vigorous aerobic activity every week
- be active at least 2.5 hours a week, with each exercise period lasting 10 minutes or more
- add activities that help strengthen their muscles and bones at least 2 days per week.

Children and young people should:

- undertake at least 60 minutes of moderate to vigorous physical activity daily. But more is even better!
- include at least 3 days per week of vigorous exercise
- add muscle- and bone-strengthening activities at least 3 days per week.

Aerobic activities are continuous activities that make you breathe harder and increase your heart beat.

During **moderate activities**, you should be able to talk, but not sing. Examples are: quick walking, skating and bike riding.

With **vigorous activities**, your heart rate increases even more, and you can't say more than a few words without needing to catch your breath. Examples are: running, basketball, soccer and cross-country skiing.



Muscle-strengthening activities build up your muscles. These include push-ups and sit-ups, lifting weights, climbing stairs and digging in the garden.

With **bone-strengthening activities**, your muscles work to strengthen your bones by pushing against them. Examples include running, walking and yoga.

