

# My Healthy Eating Guide

Find your age and sex on Canada's Food Guide. Fill out the recommended number of Food Guide Servings from each food group in the table below.

<b>Name:</b>		<b>Male/Female:</b>	<b>Age:</b>
<b>Recommended Daily Food Guide Servings</b> *Pregnant and breastfeeding women should include an extra 2 to 3 Food Servings each day.			
<b>Vegetables and Fruit</b>	<b>Grain Products</b>	<b>Milk and Alternatives</b>	<b>Meat and Alternatives</b>
<b>My Daily Totals</b>			
<b>Vegetables and Fruit</b>	<b>Grain Products</b>	<b>Milk and Alternatives</b>	<b>Meat and Alternatives</b>