

How many servings from each food group do I need?

Too many servings?

It may seem like a lot, so check to see how many you really need. And, you may be eating more servings than you realize. For example, a plate of pasta can count as 3-4 servings of Grain Products and a juice box as 2 servings of Vegetables and Fruit.

The number of servings you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding.

Most people will need to have more than the lower number of servings, especially pregnant and breast-feeding women, male teenagers and highly active people.

Because different people need different amounts of food, the bar side of the Food Guide suggests the following number of servings:

Grain Products

5-12 Servings per day

Vegetables and Fruit

5-10 Servings per day

Milk Products

Children 4-9 years: 2-3 servings/day

Youth 10-16 years: 3-4 servings/day

Adults: 2-4 servings/day

Pregnant and Breast-feeding Women: 3-4 servings/day

Meat and Alternatives

2-3 Servings per day

Different People Need Different Amounts of Food

Here are some examples of how people would choose their servings in one day.

Marie is 5 years old. To meet her nutrient and energy needs, Marie has the smallest number of servings from each food group and adds 'other foods'. As she grows or is more active, Marie may choose more servings.

David is 17 and a competitive swimmer. To meet his nutrient and energy needs, David chooses the largest number of servings from each of the four food groups and adds 'other foods'. David has higher energy needs than most people and at times he may choose even more servings than shown here.

>**Louise is 35 and not very active.** Like most people, she eats different amounts of food from day to day to satisfy her nutrient and energy needs. As her appetite and activity level change, Louise may adjust the number of servings and amount of 'other foods' she eats.

Example of how Marie, David, and Louise choose their servings in one day.			
Food Group	Marie's Servings	David's Servings	Louise's Servings
Grain Products	5	12	6
Vegetables and Fruit	5	10	7

Milk Products	2	4	2
Meat and Alternatives	2	3	2
'Other Foods'	-	-	-

