



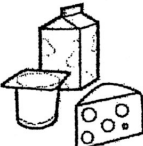

Copy this meal planner and post it on your fridge or bulletin board to keep track of the meals you plan to serve each week.

**Remember to:**

- Include a variety of food from each of the 4 food groups every day.
- Include foods from at least 3 food groups for each meal.
- Include foods from at least 2 food groups for each snack.
- Prepare foods safely.
- Enjoy eating meals together as a family.
- Eating well and keeping active go hand-in-hand.

WEEK \_\_\_\_\_

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							

VEGETABLES & FRUIT	GRAIN PRODUCTS	MILK AND ALTERNATIVES	MEAT & ALTERNATIVES	OTHER FOODS
 <p>A Food Guide Serving is:</p> <ul style="list-style-type: none"> <li>• 1 medium size vegetable or fruit</li> <li>• 125 mL (1/2 cup) fresh, frozen or canned vegetables or fruit</li> <li>• 250 mL (1 cup) green salad</li> <li>• 125 mL (1/2 cup) juice</li> </ul>	 <p>A Food Guide Serving is:</p> <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 30 g cold cereal</li> <li>• 175 mL (3/4 cup) hot cereal</li> <li>• 1/2 cup pasta, couscous or rice</li> <li>• 1/2 bagel, pita, tortilla or bun</li> </ul>	 <p>A Food Guide Serving is:</p> <ul style="list-style-type: none"> <li>• 250 mL (1 cup) milk</li> <li>• 50 g (1 1/2 oz) cheese</li> <li>• 175 g (3/4 cup) yogurt</li> <li>• 250 mL of fortified soy beverages</li> </ul>	 <p>A Food Guide Serving is:</p> <ul style="list-style-type: none"> <li>• 75 g (2 1/2 oz) or 125 mL (1/2 cup) cooked meat, fish or poultry</li> <li>• 2 eggs</li> <li>• 175 mL (3/4 cup) cooked beans, lentils, tofu or hummus</li> <li>• 30 mL (2 Tbsp) peanut butter</li> </ul>	<p>Limit foods and beverages high in calories, fat, sugar or salt such as cakes, pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream, frozen desserts, French fries, potato chips, nachos and other salty snacks, fruit flavoured drinks, soft drinks, sports and energy drinks and sweetened hot and cold beverages.</p>