

5-12 Grain Products
5-10 Vegetables and Fruit
3-4 Milk Products
2-3 Meat or Alternatives

School Cafeteria Program



Canada's Food Guide to Healthy Eating:

Canada's Food Guide to Healthy Eating Check!

Are you eating the minimum number of servings from
Canada's Food Guide to Healthy Eating?

At the day's end think:

How many servings from each food group did I have?

Did I make the grade?...



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