**Fill in this table first so you are aware of how much of each type of food the Canada Food Guide recommends for someone your age:**

**DAY 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Recommended Daily Food Guide Servings** | | | |
| **Vegetables and Fruit** | **Grain Products** | **Milk and Alternatives** | **Meats and Alternatives** |
| **Female 14-18 Years** |  |  |  |  |
| **Male 14-18 Years** |  |  |  |  |

**DAY One**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Foods** | **Recommended Daily Food Guide Servings** | | | |
| **Vegetables and Fruit** | **Grain Products** | **Milk and Alternatives** | **Meats and Alternatives** |
| **Breakfast** |  |  |  |  |
| **Snack** |  |  |  |  |
| **Lunch** |  |  |  |  |
| **Snack** |  |  |  |  |
| **Dinner** |  |  |  |  |
| **Snack** |  |  |  |  |
| **Total Food Guide Servings for the Day** |  |  |  |  |