Eating Healthy on Campus....
Follow Canada’s Food Guide as a basic pattern

If you are age 19 years or older, you need the following every day:

<table>
<thead>
<tr>
<th></th>
<th>Females</th>
<th>Males</th>
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<tbody>
<tr>
<td>Vegetables &amp; Fruit</td>
<td>7 - 8 servings</td>
<td>8 - 10 servings</td>
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<tr>
<td>Grain Products</td>
<td>6 - 7 servings</td>
<td>8 servings</td>
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<tr>
<td>Milk &amp; Alternatives</td>
<td>2 servings</td>
<td>2 servings</td>
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<tr>
<td>Meat &amp; Alternatives</td>
<td>2 servings</td>
<td>3 servings</td>
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Try to eat something from at least 3 of the 4 food groups at each meal:

**Breakfast**

*Oatmeal with milk; berries; and raisins*
- Vegetables & Fruit
  - 125 mL (1/2 cup) mixed berries = 1 serving
  - 60 mL (1/4 cup) raisins = 1 serving
- Grain Products
  - 175 mL (¾ cup) cooked oatmeal = 1 serving
- Milk & Alternatives
  - 250 mL (1 cup) milk or soy beverage = 1 serving
Lunch
Tabbouleh, quinoa or pasta salad; cut-up vegetables; glass of milk and an apple

Vegetables & Fruit
125 mL (1/2 cup) tomatoes & parsley = 1 serving
1 whole fruit (apple) = 1 serving
250 mL (1 cup) cut-up carrots, celery, peppers = 2 servings

Grain Products
250 mL (1 cup) cooked quinoa (or pasta) = 2 servings

Milk & Alternatives
250 mL (1 cup) milk or soy beverage, plain or chocolate = 1 serving

Dinner
Beef with brown rice; red peppers and mushrooms

Vegetables & Fruit
250 mL (1 cup) cooked peppers & mushrooms = 2 servings

Grain Products
250 mL (1 cup) brown rice = 2 servings

Meat & Alternatives
150 g (5 oz) meat, chicken or fish = 2 servings

Snack
Whole-wheat crackers

Grain Products
6 - 8 crackers = 1 serving

Daily Total
Vegetables & Fruit = 8 servings
Grain Products = 6 servings
Milk & Alternatives = 2 servings
Meat & Alternatives = 2 servings

Need some help with meal planning?
The Health & Counselling Centre at UTM (Davis Building, Room 1123) has a Registered Dietitian who can assess your diet and help you make changes. Call (905) 828-5255 to make an appointment.