

# Food Guide for Healthy Eating

1. Noun
2. Location
3. Plural Noun
4. Plural Noun
5. Plural Noun
6. Number
7. Adjective
8. Adjective
9. Plural Noun

# Food Guide for Healthy Eating

The food guide advises consumption from four food groups: Grain products, vegetables and fruit, \_\_\_\_\_ Noun products, and meat and alternatives. Any foods not accurately described by these food groups are termed other, and are advised to be consumed in \_\_\_\_\_ Location.

For example, people should aim to have these numbers of servings, according to the Food Guide:

\* 7-8 \_\_\_\_\_ Plural noun and \_\_\_\_\_ Plural noun

\* 6-7 grain products

\* 2 milk and \_\_\_\_\_ Plural noun

\* \_\_\_\_\_ Number meat and alternatives

\* 30 - 45 mL (2 to 3 Tbsp) of unsaturated oils and fats

Depending on one's age and activity level they can aim to consume a number of servings per food group that is high or low in the range provided. For example, \_\_\_\_\_ Adjective teenagers could aim for higher numbers whereas \_\_\_\_\_ Adjective \_\_\_\_\_ Plural noun could choose a number of servings that are lower in the range.