



Action Schools! BC

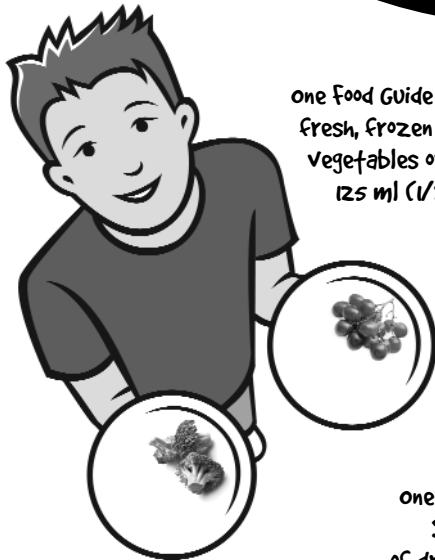
In Season



Issue Three

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living.

Veggie and Fruit Food Guide Serving Sizes



one Food Guide Serving of fresh, frozen or canned vegetables or fruit is 125 ml (1/2 cup)



An example of one Food Guide Serving of a whole fruit is one medium apple



one Food Guide Serving of dried fruit is 60 ml (1/4 cup)



one Food Guide Serving of raw leafy greens is 250 ml (1 cup)



one Food Guide Serving of 100% juice is 125 ml (1/2 cup)

Recommended Number of Canada's Food Guide Servings per Day:

Children aged 4 to 8 should eat 5 Food Guide Servings of vegetables and fruit daily.

Children aged 9 to 13 should eat 6 Food Guide Servings of vegetables and fruit daily.

Teens and adults should eat 7-10 Food Guide Servings of vegetables and fruit daily depending on gender and age.

Check out www.healthcanada.gc.ca for more information on *Eating Well with Canada's Food Guide* (available in 10 languages) and *Eating Well with Canada's Food Guide for First Nations, Inuit and Métis*.



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