

Females (Calories per day)

Age	Sedentary 1 Level	Low Active 2 Level	Active 3 Level
2-3 y	1100	1250	1400
4-5 y	1200	1350	1500
6-7 y	1300	1500	1700
8-9 y	1400	1600	1850
10-11 y	1500	1800	2050
12-13 y	1700	2000	2250
14-16 y	1750	2100	2350
17-18 y	1750	2100	2400
19-30 y	1900	2100	2350
31-50 y	1800	2000	2250
51-70 y	1650	1850	2100
71 y +	1550	1750	2000

- 1 Sedentary: Your typical daily routine requires little physical movement (e.g., sitting for long periods, using a computer, relying primarily on motorized transportation) and you accumulate little physical activity in your leisure time.
- 2 Low Active: Your typical daily routine involves some physical activity (e.g., walking to bus, mowing the lawn, shovelling snow) and you accumulate some additional physical activity in your leisure time.
- 3 Active: Your typical daily tasks involve some physical activity and you accumulate at least 2 ½ hours of moderate- to vigorous-intensity aerobic physical activity each week. Moderate- to vigorous-physical activity will make you breathe harder and your heart beat faster.

Males (Calories per day)

Age	Sedentary 1 Level	Low Active 2 Level	Active 3 Level
2-3 y	1100	1350	1500
4-5 y	1250	1450	1650
6-7 y	1400	1600	1800
8-9 y	1500	1750	2000
10-11 y	1700	2000	2300
12-13 y	1900	2250	2600
14-16 y	2300	2700	3100
17-18 y	2450	2900	3300
19-30 y	2500	2700	3000
31-50 y	2350	2600	2900
51-70 y	2150	2350	2650
71 y +	2000	2200	2500

- 1 Sedentary: Your typical daily routine requires little physical movement (e.g., sitting for long periods, using a computer, relying primarily on motorized transportation) and you accumulate little physical activity in your leisure time.
- 2 Low Active: Your typical daily routine involves some physical activity (e.g., walking to bus, mowing the lawn, shovelling snow) and you accumulate some additional physical activity in your leisure time.
- 3 Active: Your typical daily tasks involve some physical activity and you accumulate at least 2 ½ hours of moderate- to vigorous-intensity aerobic physical activity each week. Moderate- to vigorous-physical activity will make you breathe harder and your heart beat faster.



Recommended Number of Food Guide Servings per Day

	Children			Teens		Adults			
	2-3 Girls and Boys	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
				Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

CANADA'S FOOD GUIDE

THESE FOODS ARE GOOD TO EAT.
EAT THEM EVERY DAY FOR HEALTH.
HAVE THREE MEALS EACH DAY.

MILK



Children (up to about 11 years) 2½ cups (20 fl. oz.)
Adolescents 4 cups (32 fl. oz.)
Adults 1½ cups (12 fl. oz.)
Expectant and nursing mothers 4 cups (32 fl. oz.)

FRUIT



Two servings of fruit or juice including a satisfactory source of vitamin C (ascorbic acid) such as oranges, tomatoes, vitaminized apple juice.

VEGETABLES



One serving of potatoes. Two servings of other vegetables, preferably yellow or green and often raw.

BREAD AND CEREALS



Bread (with butter or fortified margarine). One serving of whole grain cereal.

MEAT AND FISH



One serving of meat, fish or poultry. Eat liver occasionally. Eggs, cheese, dried beans or peas, may be used in place of meat. In addition, eggs and cheese each at least three times a week.

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