

## My Food for the Day

Use the Food Guide to Nutritious Eating to find out your one day's diet according to food groups. Write down the food eaten, the food group and servings in the table below.

**Example:**

Meal/Snack	Food Item	Approximate number of servings	
Breakfast	2 Slices of bread with Cheese and 1 glass of Orange Juice.	Rice & Alternative 1	Fruit 1
		Vegetables 0	Meat & Alternative $\frac{1}{2}$

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		Vegetables	Meat & Alternative

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