Canada Food Guide Challenge

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	man	woman	man	woman	man	woman	man	woman	man	woman	man	woman	man	woman
Vegetables and Fruit														
one dark green vege														
one orange vege														
		optional		optional		optional		optional		optional		optional		optional
	optional		optional		optional		optional		optional		optional		optional	
	optional		optional		optional		optional		optional		optional		optional	
Grain Products														
should be whole grain														
and low in fat														
		optional		optional		optional		optional		optional		optional		optional
Milk and Alternatives														
Meat and Alternatives														
2 servings of fish														
per week														
Water *8 cups per day*														