

## b. Personal Menu

### MODULE 5

You can now prepare your own menus. Keep track of what you eat for a few days and compare your menu with the recommended menus.

If you find it difficult, use the sample menus and gradually make small changes. For example, substitute an orange or a pear for an apple. Use rice instead of pasta. Try green beans instead of peas. Replace broiled pork chops by roast beef. It is that simple!

Use the following table as a guide. Use a different page each day.

Foods	Quantity	Food groups	Portions
<b>Breakfast</b>			
<b>Morning snack</b>			
<b>Lunch</b>			
<b>Afternoon snack</b>			
<b>Supper</b>			
<b>Evening snack</b>			

After completing a menu, count the number of servings for each food group. Use the following table to check if your menu gives you and your baby the foods you need.

NUMBER OF SERVINGS FROM EACH FOOD GROUP
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Food Groups	You get	Adolescents(14 to 18 year old)	Adults
<b>Vegetables and Fruit</b>	___servings	7 servings	7 to 8 servings
<b>Grain Products</b>	___servings	6 servings	6 to 7 servings
<b>Milk and Alternatives</b>	___servings	3 to 4 servings	2 servings
<b>Meat and Alternatives</b>	___servings	2 servings	2 servings

Pregnant women need to include 2 to 3 extra Food Guide Servings each day.

Does this menu contain?

- **Iron** from whole grain bread and cereals, Meat and Alternatives, and dried fruit?
- **Calcium** and **Vitamin D** from Milk Alternatives?
- **Folic acid** from Vegetables and Fruit, Meat and Alternatives, and Grain Products?
- **Vitamin C** from Vegetables and Fruit?

Does your menu provide all the foods you and your baby need? If it does, congratulations! Keep up the good work!

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suivi/index-eng.php>