

Food Guide

Using the Food Guide, find the answers and Fill-in-the-Blanks.

1. Eat at least 2 Food Guide Servings of fish each week.
2. What is one serving of Quinoa? 1/2 cup
3. Eat at least one dark green and one orange vegetable each day.
4. One serving of nuts is 1/4 cup .
5. How many servings of milk and alternatives does someone need if the person is female and 42 yrs old? 2
6. The need for Vitamin D increases after the age of 50 .