**Canada Food Guide Challenge**

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ** adults 19 to 50 years* | man | woman | man | woman | man | woman | man | woman | man | woman | man | woman | man | woman |
| **Vegetables and Fruit** | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | |
| 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*** | | | | | | | | | | | | | | |