

## A Day in Your Life

Using your personalized Food Guide, create a healthy day in your life showing what foods you would eat for meals, snacks and drinks, as well as an exercise plan. Make sure to be realistic about serving sizes and portions.

**Canada Food Guide Suggestions for people ages 12 - 14\*:**

Vegetables and Fruits – 6 servings

Grain Products – 6 servings

Milk and Alternatives – 3-4 servings

Meat and Alternatives – 1 serving

Physical Activity – 60 minutes

\*Remember, these are recommendations for one day, but may vary based on the individual\*

Meal/ Exercise	My Plan
Breakfast	
Morning Snack	
Lunch	
Afternoon Snack	
Dinner	
Other Snacks	
Physical Activity	