



Health
Canada

Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Eating Well with Canada's Food Guide

What is a Food Guide Serving of...

Vegetables and Fruit

Dark Green and Orange Vegetables



Asparagus
125 mL, 1/2 cup, 6 spears



Beans, green
125 mL, 1/2 cup



Bok choy/Chinese cabbage (Choi sum)
125 mL, 1/2 cup – cooked



Broccoli
125 mL, 1/2 cup



Brussels sprouts
125 mL, 1/2 cup, 4 sprouts



Carrots
125 mL, 1/2 cup, 1 large



Chard
125 mL, 1/2 cup



Dandelion greens
250 mL, 1 cup – raw



Edamame (soy beans)
125 mL, 1/2 cup



Endive
250 mL, 1 cup



Fiddleheads
125 mL, 1/2 cup



Kale/collards
250 mL, 1 cup – raw



Leeks
125 mL, 1/2 cup, 1/2 leek



Lettuce, romaine
250 mL, 1 cup – raw



Mesclun mix
250 mL, 1 cup – raw



Mustard greens
250 mL, 1 cup – raw



Okra
125 mL, 1/2 cup



Peas
125 mL, 1/2 cup



Pepper, sweet, green
125 mL, 1/2 cup, 1/2 medium



Pumpkin
125 mL, 1/2 cup



Seaweed
125 mL, 1/2 cup



Snow peas
125 mL, 1/2 cup



Spinach
250 mL, 1 cup – raw



Squash
125 mL, 1/2 cup



Sweet potato
125 mL, 1/2 cup



Yam
125 mL, 1/2 cup



Zucchini
125 mL, 1/2 cup

What is a Food Guide Serving of...

More Vegetables and Fruits

Some orange coloured fruit can be substituted for an orange vegetable. See the fruit marked with an asterisks (*)

 Apple 1 medium	 Eggplant 125 mL, ½ cup	 Pear 1 medium
 Apricot, fresh * 3 fruits	 Fig, fresh 2 medium	 Peppers, bell 125 mL, ½ cup, ½ medium
 Avocado ½ fruit	 Fruit juice 125 mL, ½ cup	 Pineapple 125 mL, ½ cup, 1 slice
 Bamboo shoots 125 mL, ½ cup	 Grapefruit ½ fruit	 Plantain 125 mL, ½ cup
 Banana 1 medium	 Grapes 20 fruits	 Plum 1 fruit
 Beans, yellow 125 mL, ½ cup	 Guava 125 mL, ½ cup, 1 fruit	 Potato 125 mL, ½ cup, ½ medium
 Beets 125 mL, ½ cup	 Honeydew 125 mL, ½ cup	 Radishes 125 mL, ½ cup
 Berries 125 mL, ½ cup	 Kiwi 1 large fruit	 Rhubarb 125 mL, ½ cup
 Bitter melon 125 mL, ½ cup, ½ pod	 Kohlrabi 125 mL, ½ cup	 Tomato 125 mL, ½ cup
 Cabbage 125 mL, ½ cup	 Lettuce (example: iceberg or butterhead) 250 mL, 1 cup – raw	 Tomato sauce 125 mL, ½ cup
 Cantaloupe * 125 mL, ½ cup	 Lychee 10 fruits	 Turnip 125 mL, ½ cup
 Cauliflower 125 mL, ½ cup, 4 flowerets	 Mango * 125 mL, ½ cup, ½ fruit	 Vegetable juice 125 mL, ½ cup
 Celery 1 medium stalk	 Mixed vegetables 125 mL, ½ cup	 Watermelon 125 mL, ½ cup
 Chayote 125 mL, ½ cup	 Mushrooms 125 mL, ½ cup	
 Cherries 20	 Nectarine * 1 fruit	
 Corn 1 ear, 125 mL, ½ cup	 Orange 1 medium	
 Cucumber 125 mL, ½ cup	 Papaya * ½ fruit	
 Dried fruit 60 mL, ¼ cup	 Peach * 1 medium	