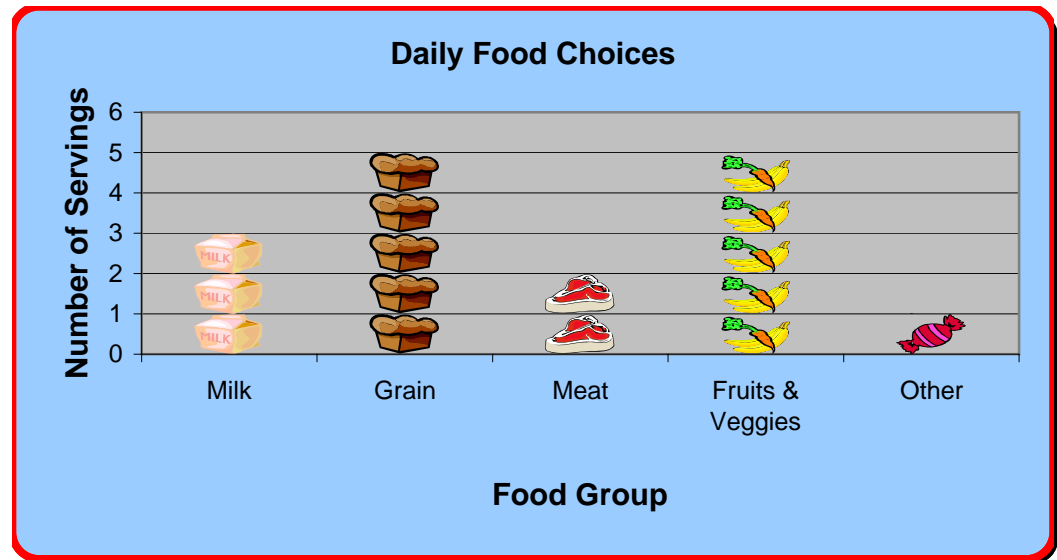


# My Food Choices Sample

## What The Canada Food Guide Says

Food Group	Number of Servings
Milk	3
Grain	5
Meat	2
Fruits & Veggies	5
Other	1



## What I Ate

Food Group	Number of Servings
Milk	3
Grain	4
Meat	2
Fruits & Veggies	3
Other	4

