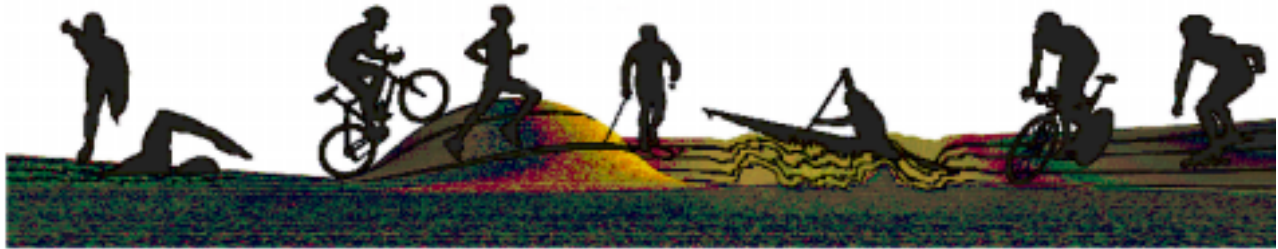


Getting On Track



Nutrition and Exercise for Peak Performance

DIFFERENT PEOPLE NEED DIFFERENT AMOUNTS OF FOOD...

The total number of servings of each of the 4 food groups of Canada's Food Guide you need to eat each day depends on:

- **Your age** - Growing children and teenagers need more food than younger children and older adults.
- **Your body size** - A bigger and taller person will need more servings of each of the 4 food groups than a smaller person, even if they are of the same age.
- **Your gender** - Typically, males are bigger in size and have faster metabolic rates and therefore need more food than females.
- **Your activity level** - Endurance athletes have greater energy needs than power sport athletes who have greater energy needs than those people with an active lifestyle.
- **Your health goals** - If you are trying to lose weight you will need to cut down on the numbers of servings you might normally require.

FOOD PRODUCTS	MARIE	SERVINGS	LISA	SERVINGS	Kelly	SERVINGS
Grain Products (5-12)	Marie is 56 years old. She is a small boned, postmenopausal woman who lives with her husband in a one-floor house. Marie's physical activities are limited to housekeeping and the occasional 5-10 minute walk. To meet her energy needs, Marie needs the smallest number of servings from each food group. As she becomes more active, Marie may choose more servings.	5	Lisa is 18 years old and is an acrobat and trapeze artist for the Cirque du Soleil. She trains 6 days a week for 4 hours and puts on shows 5 nights a week. Because Lisa is not quite finished growing and is very active, she chooses a greater number of servings from each food group to meet her needs.	10	Kelly is a 33-year-old mother of two small children. She walks with her children every day for at least ½ hour. She also goes for a 30 minute run most mornings and takes a yoga class once a week in the evenings. Kelly still has 10 lbs that she wants to lose to reach her goal weight for health. When she reaches her weight goal she will choose more servings	5
Vegetables and Fruits (5-10)		5		9		7
Milk Products (2-4)		2-3		4		3
Meat & Alternatives (2-3)		2		3		3
Other foods				As Needed		In Moderation

