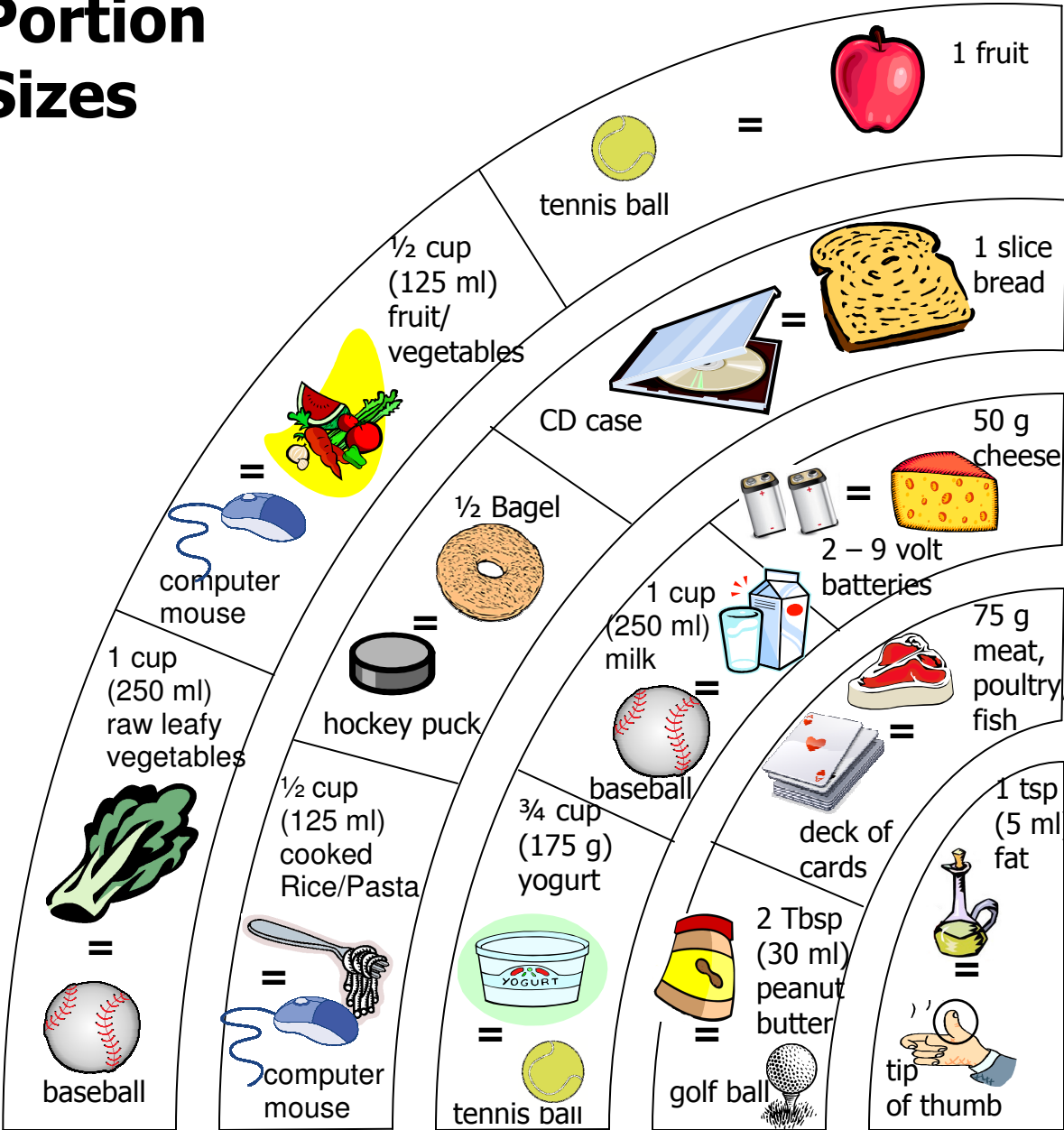


# Heart Healthy Portion Sizes



**Vegetables & Fruit**  
7-10\*  
servings/  
day

**Grain Products**  
6-8\*  
servings/  
day

**Milk & Alternatives**  
2-3\*  
servings/  
day

**Meat & Alternatives**  
2-3\*  
servings/  
day

**Fats & Oils**  
6-9  
servings/  
day

\*Number of servings for adults ≥ 19 years of age according to Canada's Food Guide