

# Everyone

should try to follow the recommendations contained in *Canada's Food Guide* to have a healthy diet and help stay well. Meals from Private Recipes are prepared with taste and contain the right nutrition, so you can be sure that they will help you. This short guide gives some advice to help you plan what to eat throughout the day in addition to your meals from Private Recipes.

*Canada's Food Guide* now has special guidelines for men and women over 51 years of age. If you follow this you can expect to consume all of your vitamins, minerals and other nutrients.

## MEN Age 51+

Food Group	Number of Servings
Vegetables & Fruit	7
Grain Products	7
Milk & Alternatives	3
Meat & Alternatives	3

## WOMEN Age 51+

Food Group	Number of Servings
Vegetables & Fruit	7
Grain Products	6
Milk & Alternatives	3
Meat & Alternatives	2

Here are some simple ideas to help you stay healthy throughout the day

### Breakfast

- Private Recipes' Oatmeal or Cream of Wheat, served with a small glass of fruit juice
- Whole grain, high fibre breakfast cereal, served with milk and some fruit, perhaps an orange
- Private Recipes Fruit Cocktail with low fat yogurt and a slice of raisin bread



### Dinner

- Canned beans or frozen vegetables, microwaved with some rice
- Canned salmon or tuna with whole wheat pasta
- Eggs – scrambled, poached or in an omelette. Add some canned or frozen vegetables for variety



### Snacks

- Peanut butter or banana on toast
- Fresh, frozen or canned fruit
- Unsalted nuts



### Lunch

- One of the 20 varieties of Private Recipes soup
- Your Private Recipes meal
- A glass of milk, a slice of whole grain bread and a piece of fresh fruit



### Drinks

- Water
- Milk or a fortified soya beverage
- Fruit juice

