



- Always keep Canada's food guide in mind when planning your menu. Canada's Guidelines for healthy eating include:

- ◆ Enjoy a variety of foods
- ◆ Emphasise cereals, breads, other grain products, vegetables and fruits
- ◆ Choose lower fat dairy products, leaner meats and foods prepared with little or no fat
- ◆ Limit salt and caffeine

The Guidelines suggest the following daily servings from each of the food groups:

GRAIN PRODUCTS	5-12 servings per day
MILK PRODUCTS	2 - 4 servings per day
VEGETABLES & FRUIT	5-10 servings per day
MEAT & ALTERNATIVES	2 - 3 servings per day



For healthy active teenagers, the requirements would fall in the mid to high end of the range shown. For further information, read "Canada's Food Guide to Healthy Eating" (Appendix "C").

Storage of food at some camps is more difficult than others, and should be kept in mind when planning your menu. See Section 3.050 for recommendations on food storage.