

Nutrition and Ratios

Canada Food Guide Servings

According to the Canada Food Guide, servings for fruits & vegetables, grain products, milk & alternatives, and meat & alternatives are the following for people aged 14-18.

	Females	Males
Fruits & Vegetables	$7/18 = 39\%$	$8/22 = 36\%$
Grain Products	$6/18 = 33\%$	$7/22 = 32\%$
Milk & Alternatives	$3/18 = 17\%$	$4/22 = 18\%$
Meat & Alternatives	$2/18 = 11\%$	$3/22 = 14\%$

Number of Calories Per Gram

All nutritional calories come from the three macronutrients: protein, carbohydrate, and fat. These can be written as ratios of grams to calories:

Protein	1:4
Carbohydrate	1:4
Fat	1:9