



Health  
Canada

Santé  
Canada

Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

# Eating Well with Canada's Food Guide

**What is a Food Guide Serving of...**

## **Meat and Alternatives**

**Meat, fish, poultry and shellfish**

All Food Guide Servings of meat, fish, poultry and shellfish are represented as cooked.



**Beef**

75 g (2 ½ oz) / 125 mL (½ cup)



**Bison/ Buffalo**

75 g (2 ½ oz) / 125 mL (½ cup)



**Chicken**

75 g (2 ½ oz) / 125 mL (½ cup)



**Deli meat, low-fat, low-salt**

75 g (2 ½ oz) / 125 mL (½ cup)



**Duck**

75 g (2 ½ oz) / 125 mL (½ cup)



**Fish and shellfish, canned (example: crab, salmon, tuna)**

75 g (2 ½ oz) / 125 mL (½ cup)



**Fish, fresh or frozen (example: herring, mackerel, trout, salmon, sardines, squid, tuna)**

75 g (2 ½ oz) / 125 mL (½ cup)



**Game birds (example: ptarmigan, partridge, grouse, goose)**

75 g (2 ½ oz) / 125 mL (½ cup)



**Game meats (example: deer, moose, caribou, elk)**

75 g (2 ½ oz) / 125 mL (½ cup)



**Goat**

75 g (2 ½ oz) / 125 mL (½ cup)



**Ham**

75 g (2 ½ oz) / 125 mL (½ cup)



**Lamb**

75 g (2 ½ oz) / 125 mL (½ cup)



**Organ meat (example: liver, kidney)**

75 g (2 ½ oz) / 125 mL (½ cup)



**Pork**

75 g (2 ½ oz) / 125 mL (½ cup)



**Rabbit /Hare**

75 g (2 ½ oz) / 125 mL (½ cup)



**Shellfish, fresh or frozen (example: clams, crab, lobster, mussels, scallops, shrimp, prawns)**

75 g (2 ½ oz) / 125 mL (½ cup)



**Turkey**

75 g (2 ½ oz) / 125 mL (½ cup)



**Veal**

75 g (2 ½ oz) / 125 mL (½ cup)

## What is a Food Guide Serving of...

### Meat alternatives

**Beans, cooked and canned**

175 mL,  $\frac{3}{4}$  cup

**Egg**

2

**Hummus**

175 mL,  $\frac{3}{4}$  cup

**Lentils**

175 mL,  $\frac{3}{4}$  cup

**Nuts, shelled**

60 mL,  $\frac{1}{4}$  cup

**Peanut butter or nut butters**

30 mL, 2 Tbsp

**Seeds, shelled**

60 mL,  $\frac{1}{4}$  cup

**Tofu**

150 g, 175 mL,  $\frac{3}{4}$  cup