

**Box 11.8** Daily Recommended Number of Servings and Serving Sizes by Food Group  
for Adults aged 50+

[from Anderson, N.A., Murphy, K.J., & Troyer, A.K. (2012) *Living with Mild Cognitive Impairment: A Guide to Maximizing Brain Health and Reducing Risk of Dementia*. Oxford University Press: New York pp. 236-237]





	Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
Food Group				
Serving Size	½ cup fresh, frozen or canned; 1 fruit whole; ½ cup juice	1 slice bread; ½ bagel, pita, or tortilla; ½ cup rice, bulgur, quinoa, cooked pasta; ½ to 1 cup cold cereal based on type or ¾ cup hot cereal	1 cup milk or soy beverage; ¾ cup yogurt; 1 ½ oz cheese	½ cup fish, poultry, lean meat; ¾ cup legumes / beans / tofu; 2 eggs; 2 Tbsp peanut butter; ¼ cup nuts
Daily Servings	7	6 for women 7 for men	3	2 for women 3 for men
Tick off the boxes to keep track of your servings on a given day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Table content based on guidelines from Health Canada Consultation and [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide). From the Public Affairs, Communications Branch, Health Canada. Adapted with permission.